

Chicken Pesto Pasta

Entrée

Serves 4

Prep time: 10 minutes

Cook time: 15 minutes

In less than 30 minutes you'll have a delicious dinner on the table. Make it a meal with a green salad, fresh fruit and a cold glass of milk.

Ingredients

- 8 ounces penne pasta (4 cups cooked)
- 1 teaspoon vegetable oil
- 3/4 pound chicken, cut into chunks
- 1 large tomato, cubed
- 1-2 tablespoons prepared pesto or ranch dressing mix
- 1 cup plain fat-free yogurt
- 1/4 cup Parmesan cheese, grated

Preparation

Cook pasta according to package directions.

Heat a large non-stick skillet over medium heat, add oil and chicken. Saute chicken until golden brown. Add tomato and heat through. Remove from heat.

In a small mixing bowl, stir pesto or ranch dressing mix into yogurt to make the sauce. Add sauce and cooked pasta to the skillet with the chicken and stir. Heat over medium until warmed through.

Top with Parmesan cheese and serve.

Nutrition Information

Per serving: 385 calories, 6 g total fat, 2 g saturated fat, 200 mg sodium, 50 g carbohydrates, 3 g fiber, 33 g protein, 180 mg calcium

Provided by:
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