

Pesto Chicken Penne Pasta

Ingredients

- 8 oz frozen cooked diced chicken
- 1-1/2 tbsp italian seasoning
- 6-1/2 oz multi-grain penne pasta
- 3/4 cup basil
- 2 tsp garlic
- 1/3 cup parmesan cheese, fat free
- 2 tsp olive oil
- 2-1/2 tbsp lemon juice

Notes

Number of Portions: 4

Serving Size: 1 cup

Nutrition Facts: 301 calories, 5.39 g fat, 0.73 g saturated fat, 172 mg sodium, 39.09 g carbohydrate, 1.66 g fiber, 0.3 g sugar, 22.15 g protein

Directions

1. Toss chicken with Italian seasoning and let sit for one hour in the refrigerator. Retoss thawed chicken after marinating.
2. Cook the pasta to al dente. Cool slightly without too much rinsing.
3. To make the pesto sauce, blend basil, garlic, parmesan, and olive oil for 90 seconds. Scrape and blend again for 15 seconds. Add the lemon juice. If not thin enough to toss with noodles, add more oil.
4. Heat chicken until internal temperature reaches 165° F and add 2 cups of pesto to the chicken.
5. Heat noodles and add remaining pesto. Combine chicken and noodles. Taste and adjust seasoning with non-salt seasoning. To serve, place 2 oz of chicken and 3/4 cup of noodles on each plate.