

Whole Grain Rice Pasta with Chicken and Vegetables

1 lb whole grain rice pasta
2 tablespoon olive oil
12 oz boneless, skinless chicken breast, sliced
2 cloves garlic, coarsely chopped
¼ tsp crushed red pepper
4 scallions, chopped
2 cups broccoli, chopped
1 cup red pepper, sliced
2 Portobello mushrooms, sliced
¼ cup parmesan cheese
2 tablespoons fresh basil, chopped
1 tsp fresh ground pepper

Prepare pasta according to package. Meanwhile, heat 2 tsp olive oil in medium sauté pan on medium-high heat. Add chicken and sauté for about 4-6 minutes or until cooked through. Remove from heat and keep warm with foil. In same pan, add garlic, crushed red pepper and scallions. Sauté for 2 minutes until garlic is golden brown. Add broccoli, sliced red pepper and Portobello mushrooms. Cover and allow to cook for about 5 minutes until soft, but crisp. Strain pasta and put in large serving bowl. Add vegetables and chicken. Mix in remaining olive oil, parmesan, basil and fresh ground pepper. Serve.

Serves 8. 1 cup=1 serving

Calories 170 Fat 5g Carbohydrate 17g Dietary Fiber 2g Protein 13g Sodium 105mg