

Chicken Pasta



Ingredients:

- 2 4 ounce chicken breasts, sliced
- 1 cup dry whole-wheat pasta
- 1/4 cup mushrooms, sliced (your choice)
- 1 medium tomato, diced
- 2 cloves garlic, minced
- 1/4 cup parsley, roughly chopped
- Cooking spray
- 1-2 tablespoons olive oil, optional

Directions:

1. Prepare pasta according to directions on package. Coat pasta with olive oil, if desired.
2. Spray skillet with non-stick cooking spray. Add vegetables, and cook on medium heat until lightly browned.
3. Set vegetables to the side in a bowl.
4. Spray the skillet again with non-stick cooking spray, add chicken slices. Cook on both sides until completely cooked through.
5. Combine pasta, chicken, and vegetables in a bowl.
6. Add salt and pepper to taste.

Makes 2 Servings



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