

Quick Chicken Pasta ❄️

When feeling better, this dish is quick to prepare and quick to disappear from the plate. If you can't tolerate mushrooms, onion or tomato, leave out for a plainer version, until you feel better.

MAKES 4 SERVINGS

- 1 tablespoon olive oil
- 2 pounds boneless skinless chicken breasts, cut into strips
- Salt and pepper to taste
- 1 large tomato, diced, optional
- 1 cup sliced mushrooms, optional
- 1 teaspoon minced garlic
- ½ cup chopped red onion, optional
- 1 tablespoon dried basil leaves
- ⅓ cup canned fat-free chicken broth
- 1 (8-ounce) package angel hair (capellini) pasta
- ¼ cup grated Romano cheese

In a large pan coated with nonstick cooking spray, heat the olive oil and sauté the chicken until almost done, about 4 minutes. Season with salt and pepper. Add the tomato, mushrooms, garlic, onion, and basil, stirring for 5 minutes or until veggies are tender. Add the chicken broth, cooking until heated through. Meanwhile, cook the pasta according to package directions, omitting any oil and salt. Drain and set aside. When the chicken is done, toss with the pasta and Romano cheese.

Nutritional information per serving

Calories 507, Protein (g) 61, Carbohydrate (g) 43, Fat (g) 8, Cal. from Fat (%) 15, Saturated Fat (g) 2, Dietary Fiber (g) 2, Cholesterol (mg) 134, Sodium (mg) 229, Diabetic Exchanges: 7 very lean meat, 3 starch

DOC'S NOTES:

Leaving out the onions and tomatoes will make this dish an excellent meal if you have diarrhea.