



Greek Chicken with Angel Hair Pasta

Makes 8 servings

Ingredients

1 pound uncooked angel hair pasta
1 tablespoon olive oil
4 (6-ounce) skinless, boneless chicken breasts, halved
2 cups chopped red onion
1 cup chopped yellow bell pepper
6 tablespoons fresh lemon juice

1 teaspoon dried basil
 $\frac{1}{2}$ teaspoon dried oregano
2 (14.5-ounce) cans diced tomatoes with basil, garlic and oregano
 $\frac{3}{4}$ cup (3 ounces) feta cheese, crumbled

Instructions

1. Cook pasta according to package directions, omitting salt and fat.
2. Heat oil in a large, nonstick skillet over medium-high heat. Add chicken to pan; sauté 3 minutes on each side.
3. Add onion and next 5 ingredients (through tomatoes) to pan; stir well. Cover, reduce heat and simmer 25 minutes, or until chicken is done.
4. Remove from heat; sprinkle with cheese. Serve with pasta.

Nutrition Facts

Serving Size: $\frac{1}{2}$ chicken breast, about $\frac{1}{2}$ cup tomato mixture and about 1 cup pasta; Calories 400; Total Fat 7.3g; Saturated Fat 2.7g; Monounsaturated Fat 2.7g; Polyunsaturated Fat 1.5g; Cholesterol 60mg; Sodium 694mg; Total Carbohydrates 54.3g; Dietary Fiber 3.1g; Protein 30g; Iron 3.9mg; Calcium 148mg

Recipe adapted from www.health.com

