

Chicken and Rotini Dinner

This recipe is a lighter version of my No Fuss Italian Chicken and Rotini Dinner. I marinate the chicken in my own recipe instead of using pre-marinated, Italian style Tyson brand chicken breasts. It is lighter in sodium. And more fiber and nutrients are in the whole wheat pasta than the original recipe using white pasta. I use Canyon Foods brand Basil Pesto with Toasted Pine Nuts instead of the higher sodium package of Knorr pesto sauce mix. Your own standard pesto sauce recipe will work just as well. You can substitute walnuts for the pine nuts, if desired.

- 6 cloves fresh garlic
- 2 teaspoons Italian seasoning
- 1 teaspoon pepper
- 8 ounces whole wheat rotini or bow tie pasta
- 1 tablespoon olive oil
- 3 organic chicken breasts
- 1 6.5 ounce jar basil pesto with toasted pine nuts
- 8 ounces sliced mushrooms
- 1 red or yellow bell pepper, cut into thin strips
- 2-3 Roma tomatoes, cut into wedges

Combine garlic, Italian seasoning and pepper. Rub mixture over chicken breasts and marinate 20 to 30 minutes. Bring 3 quarts of water to a boil in a 4- quart stock pot. Add pasta and cook according to the package directions. Drain. Meanwhile, heat 1 tablespoon olive oil over Medium-High heat in a large non-stick skillet. Brown chicken breasts 2 minutes on each side. Reduce heat to Medium-Low and cover. Cook 8 to 10 minutes, turning occasionally. Remove chicken from skillet. Saute mushrooms to desired doneness over Medium to Medium-High heat. Add bell pepper and tomatoes and saute 2 minutes. Slice chicken breasts into strips. Toss pasta with pesto and vegetables. Season as desired and serve.

Servings: 5

Nutrition Facts

Serving size: 1 serving

Percent daily values based on a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving	
Calories	301.92
Calories From Fat (31%)	92.36
% Daily Value	
Total Fat 10.62g	16%
Saturated Fat 1.77g	9%
Cholesterol 8.24mg	3%
Sodium 36.91mg	2%
Potassium 358.54mg	10%
Carbohydrates 40.51g	14%
Dietary Fiber 3.23g	13%
Sugar 2.42g	
Sugar Alcohols 0.00g	
Net Carbohydrates 37.28g	
Protein 12.36g	25%

Ingredient Links

In order to calculate nutrition information for a recipe using its ingredients the recipe ingredients need to be linked to the ingredients in the ingredient database. The table below shows how the recipe ingredients are currently linked.

Recipe Ingredient	Linked To
6 cloves fresh garlic	6 x 1 clove of Garlic, raw
2 teaspoons Italian seasoning	2 x 1 teaspoon of Spices, Italian seasoning
1 teaspoon pepper	1 x 1 teaspoon of Spices, pepper, black
8 ounces whole wheat rotini or bow tie pasta	8 x 1 oz of Pasta, rotini
1 tablespoon olive oil	1 x 1 tablespoon of Oil, olive, salad or cooking
3 organic chicken breasts	1 x From 1 lb ready-to-cook chicken of Chicken, broilers or fryers, breast, meat only, raw
1 6.5 ounce jar basil pesto with toasted pine nuts	1 x 1 jar of Canon Foods brand basil pesto with toasted pine nuts
8 ounces sliced mushrooms	8 x 1 oz of Mushrooms, raw
1 red or yellow bell pepper, cut into thin strips	1 x 1 medium (approx 2-3/4" long, 2-1/2" dia) of Peppers, sweet, red, raw
2-3 Roma tomatoes, cut into wedges	2 x 1 medium of Tomatillos, raw

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