

NUTRITION PER SERVING:

 CALORIES
 421

 PROTEIN
 36 G

 CARBOHYDRATE
 49 G

 TOTAL FAT
 10 G

PREP TIME: 15 MINUTES
COOK TIME: 15 MINUTES

YIELD: 4 SERVINGS
SERVING SIZE: 1 C PASTA, 1 C SAUCE,

1½ TBSP FETA

2 C DRY WHOLE-WHEAT BOWTIE PASTA (FARFALLE) (8 OZ)

OLIVE OIL

1 TBSP

 $\textbf{1 TSP} \qquad \qquad \text{GARLIC, MINCED (ABOUT } \frac{1}{2} \text{ CLOVE)}$

8 OZ WHITE BUTTON MUSHROOMS, RINSED AND CUT INTO QUARTERS

4 C COOKED BROCCOLI FLORETS (OR A 1-LB
BAG FROZEN BROCCOLI, THAWED)

1 C GRILLED BONELESS, SKINLESS CHICKEN

BREAST, DICED (ABOUT 2 SMALL BREASTS) (LEFTOVER FRIENDLY)

2 C LOW-SODIUM CHICKEN BROTH

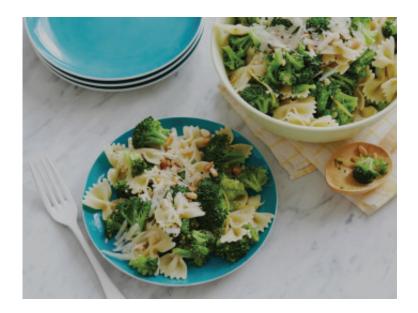
1 MEDIUM LEMON, RINSED, FOR 1 TBSP ZEST

1 TSP JUICE (USE A GRATER TO TAKE

A THIN LAYER OF SKIN OFF THE LEMON; SQUEEZE JUICE

AND SET ASIDE)

2 OZ REDUCED-FAT FETA CHEESE, DICED



BOWTIE PASTAWITH CHICKEN, BROCCOLI, AND FETA

THIS YUMMY DISH PROVIDES A TASTY WAY TO GET YOUR CHILDREN TO EAT BROCCOLI

- 01 In a 4-quart saucepan, bring 3 quarts of water to a boil over high heat.
- 02 Add pasta, and cook according to package directions. Drain.
- *03* Heat olive oil and garlic in a large sauté pan over medium heat. Cook until soft, but not browned (about 30 seconds).
- **04** Add mushrooms and heat until lightly browned and soft
- 05 Add broccoli, diced chicken, and chicken broth. Bring to a boil and simmer for about 3 minutes, until the broccoli and chicken are heated through.
- 06 Add pasta, and toss gently. Continue to simmer until pasta is hot, about 3–4 minutes.
- 07 Add lemon zest and juice, and toss gently.
- 08 Serve 2 cups of pasta and sauce per portion. Top each portion with 1½ table spoons feta cheese.
- If your children do not like feta cheese, try serving with parmesan or mozzarella cheese on top.