

## Balsamic Chicken & Pasta - 4 servings

1 pound boneless, skinless chicken breasts (4)  
1 teaspoon garlic salt, pepper to taste  
4 tablespoon olive oil  
1 cup onion, thinly sliced  
2 cup mushrooms, thinly sliced  
4 tbsp. cup balsamic vinegar  
4 cups petite diced tomatoes  
8 oz. Barilla Plus Penne  
1 teaspoon each dried basil, oregano, rosemary  
½ teaspoon dried thyme



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Serving: 526 Calories, 37 Pro, 56 Cho, 18 Fat, 75 Na



Italian food has a reputation of being laden with fat and calories, but with a few simple tweaks, you can enjoy a tasty Italian meal without the guilt! This is accomplished by avoiding creamy sauces, limiting the cheese, and, as always, eating a sensible portion. Additionally, we chose to use pasta that is multigrain, contains omega-3 fats, is enriched in protein, and even has 4 grams of fiber per serving.

First, season the chicken breasts with ground black pepper and garlic salt. Then heat the olive oil in a medium skillet, and brown the onion, mushrooms, and seasoned chicken breasts. While the chicken is cooking, combine the tomatoes with balsamic vinegar and season with basil, oregano, rosemary and thyme. You will also want to be boiling water and cooking the pasta.

Once the chicken is browned, pour ¾ of tomato mixture over chicken breasts and simmer until chicken is no longer pink and the juices run clear, about 15 minutes. Pour the remaining mixture into pot of pasta cooked al dente. Stir and simmer until ready to serve. Serve the chicken and tomatoes over pasta and add a generous pinch of Italian blend cheese over top of each breast. Sprinkle a little bit of cheese over the top if you desire, but note that it will change the nutrition contents of the dish. Enjoy!