Michele Sodon

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)
1 TBSP	OLIVE OIL
1 TSP	GARLIC, MINCED (ABOUT ½ 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

Copyright 2020, AIR, Inc. All rights reserved.

BOWTIE PASTA
WITH 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.