

Balsamic Tomato Chicken Pasta

Ingredients:

1 1/2 pounds chicken breast, skinless, boneless
 1 onion
 8 ounces mushrooms
 Non stick cooking spray
 1/4 teaspoon garlic powder
 28 ounces low sodium diced tomatoes, canned
 6 ounces tomato paste
 1/3 cup balsamic vinegar
 1 teaspoon basil
 1 teaspoon oregano
 1/2 teaspoon thyme
 1/2 teaspoon rosemary
 8 ounces spaghetti noodles

Equipment:

Cutting board
 Knife
 Can Opener
 Measuring cups
 Measuring spoons
 Non stick skillet

Number of Servings: 6
 Prep Time: 30 minutes
 Total Time: 30 minutes

Directions

1. Cut up chicken breasts into bite size pieces, removing any fat or skin. Set aside. Clean the cutting board.
2. Cut the ends off of the onion and peel off the brown layers. Cut the onion in half lengthwise, and place the flat side on the cutting board. Slice keeping all pieces together, turn 1/4 and chop into small pieces. Add to the baking dish.
3. Use water and a vegetable scrubber to get rid of any dirt or sand on mushrooms. Pat dry. Slice tops and stems, set aside.
4. Spray a large skillet with nonstick cooking spray. Add onion and mushrooms to the skillet and cook over medium heat until onions are tender. Move pieces around occasionally so that all sides cook evenly. When onions and mushrooms are done, add raw chicken pieces to large skillet. Stir chicken occasionally so that all sides are cooked evenly and chicken until it is no longer pink.
5. Once chicken is cooked, add garlic powder, diced tomatoes, tomato paste, balsamic vinegar, and spices to the chicken mixture. Mix together well and simmer over medium low heat for 20 minutes.
6. While chicken is cooking, cook noodles according to directions. Toss 1 cup of sauce with 2/3 cup of cooked pasta for each serving.

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Nutrition Facts

Serving Size: 1 1/2 cups pasta & 1 cup sauce

Servings: 6

Amount Per Serving

Calories 343	Calories from Fat 36	%Daily Value*
Total Fat 4g	6%	
Saturated Fat 1g	5%	
Cholesterol 69mg	23%	
Sodium 302mg	13%	
Total Carbohydrate 44g	15%	
Dietary Fiber 4g	18%	
Protein 33g	67%	
Vitamin A 31%	Vitamin C 56%	
Iron 25%	Calcium 9%	

*Percent Daily Values are based on a 2,000 calorie diet.

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