



IN

*The Villages*<sup>®</sup>

*America's Healthiest Hometown*

## **Bowtie Pasta with Chicken, Broccoli, and Feta**

**Prep Time:** 15 minutes

**Cook Time:** 15 minutes

**Yields:** 4 servings

**Serving Size:** 1 cup pasta, 1 cup sauce, 1 ½ Tbsp feta

### **Ingredients:**

2 cups 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 cups cooked broccoli florets (or one 1-lb bag frozen broccoli, thawed)

1 cup grilled boneless, skinless chicken breast, diced (about 2 small breasts)

2 cups low-sodium chicken broth

1 medium lemon, rinsed, for 1 tsp zest and 1 Tbsp juice

2 oz reduced-fat feta cheese, diced

### **Directions:**

1. In a 4-quart saucepan, bring 3 quarts of water to a boil over high heat
2. Add pasta, and cook according to package directions. Drain.
3. Heat olive oil and garlic in a large sauté pan over medium heat. Cook until soft, but not browned (about 30 seconds).
4. Add mushrooms and heat until lightly browned and soft.
5. 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.

6. Add pasta and toss gently. Continue to simmer until pasta is hot, about 3-4 minutes.
7. Add lemon zest and juice, and toss gently.
8. Serve 1 cup of pasta and 1 cup of sauce per portion. Top each portion with 1 ½ tablespoons of feta cheese.

Tip: Don't like feta cheese? Substitute with parmesan or mozzarella cheese.

**Nutritional Information:**

Calories: 421

Total fat: 10 g

Saturated fat: 2 g

Cholesterol: 65 mg

Sodium: 285 mg

Total fiber: 8 g

Protein: 36 g

Carbohydrates: 49 g

Potassium: 697 mg

Vitamin A: 30%

Vitamin C: 140%

Calcium: 10%

Iron: 10%

*Source: Deliciously Healthy Dinners from The National Heart, Lung, and Blood Institute*