



Lemon Chicken Pasta

Serves 4

4 four-ounce skinless, boneless chicken breasts
4 cups cooked angel hair pasta
1 fresh lemon
1 cup frozen peas
1 cup fresh asparagus, chopped
1 cup chopped kale
1 red bell pepper, sliced thin
Extra virgin olive oil
Salt and pepper

1. Follow manufacturer's directions on preparing pasta...rinse and set aside.
2. Pan sear chicken breasts in about a tablespoon of olive oil. Remove and cut into strips when cooled, set aside.
3. In same pan, sauté peas, asparagus, kale, pepper and zest (grated lemon peel) and juice from lemon. Sautee about 5 minutes.
4. Divide pasta onto four plates. Top off with vegetables and chicken breast.
5. Season with salt and pepper to taste. Serve and enjoy!

Nutritional Analysis

Serving Size: One 4-oz chicken breast, 1 cup pasta

Calories	410
Total Fat	6g
Saturated Fat	1g
Cholesterol	65mg
Sodium	160mg
Carbohydrates	51g
Protein	37g

Diabetic Exchanges:

Protein	5
Fat	1
Carbohydrates	3.5