



Lemon Chicken Pasta

Recipe courtesy Chef Bryan Woolley

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 manufacturers 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 4oz chicken breast, 1 cup pasta

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

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Diabetic Exchanges

Protein	5
Fat	1
Carbohydrates	3.5