



## **Linguini with Grilled Chicken and Veggies**

Recipe courtesy Chef Bryan Woolley

1 zucchini, quartered lengthwise  
1 medium red bell pepper, cored, seeded and quartered  
1 medium yellow bell pepper, cored, seeded and quartered  
2 medium Portobello mushrooms, cleaned and patted dry  
2 large boneless, skinless chicken breast halves, about 12 ounces total, pounded to uniform thickness  
8 ounces whole wheat linguini, cooked al dente and drained  
¼ cup fresh grated Parmesan cheese

### Marinade/dressing:

½ cup Olive oil  
½ cup red wine vinegar  
1 tbsp dried Italian seasoning  
2 cloves garlic, minced

1. Combine vegetables and chicken with ½ cup dressing in glass dish, coating well. Cover and marinate for 8 -10 hours, turning occasionally.
2. Preheat grill to medium. Grill vegetables and chicken for 15-20 minutes, turning once.
3. Remove to platter and cover to keep warm.
4. Toss warm linguine with remaining ½ cup salad dressing. Slice vegetables into bite-sized pieces and toss with linguini. Slice chicken into ½-inch pieces.
5. Divide onto 4 plates, cover with fan of chicken slices; sprinkle with Parmesan and serve.

### **Nutrition Facts**

Serving Size: ¼ recipe  
Calories: 550  
Total Fat: 25g  
Saturated Fat: 4.5g  
Cholesterol: 55mg  
Sodium: 200mg  
Carbohydrates: 50g  
Dietary Fiber: 9g  
Protein: 33g

### **Diabetic Exchanges**

Protein: 4.7  
Fat: 5  
Carbohydrates: 3