



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