

RECIPE OF THE WEEK



Basil Chicken over Angel Hair

Prep Time: 15 Minutes Cook Time: 20 Minutes
Ready In: 35 Minutes Servings: 4

Ingredients:

8 oz package angel hair pasta	2 teaspoons olive oil
1/2 cup finely chopped onion	1 clove garlic, chopped
2 1/2 cups chopped tomatoes	
2 cups boneless chicken breast halves, cooked and cubed	
1/4 cup chopped fresh basil	1/2 teaspoon salt
1/8 teaspoon hot pepper sauce	1/4 cup Parmesan cheese

Directions:

1. In a large pot of salted boiling water, cook angel hair pasta until it is al dente, about 8 to 10 minutes. Drain, and set aside.
2. In a large skillet, heat oil over medium-high heat. Sauté the onions and garlic. Stir in the tomatoes, chicken, basil, salt and hot pepper sauce. Reduce heat to medium, and cover skillet. Simmer for about 5 minutes, stirring frequently, until mixture is hot and tomatoes are soft.
3. Toss sauce with hot cooked angel hair pasta to coat. Serve with Parmesan cheese.

Calories: 362
Sodium: 536mg

Total Fat: 10.8g
Total Carbs: 37.8g

Cholesterol: 57mg
Dietary Fiber: 3.7g

Protein: 28.4g