

Bistro on the Hill Sage-Chicken and Pasta

Ingredients

- Olive oil flavored cooking spray
- 3 (4oz) skinned, boned chicken breasts, cut into strips
- 1 medium red onion, thinly sliced
- 1 medium carrot, thinly sliced
- 1 clove garlic minced
- ¼ cup of water
- 2 tablespoons of dry white wine
- 6 oz. of spaghetti or other pasta uncooked
- 1 tablespoon reduced-calorie margarine
- 3 plum tomatoes seeded and chopped
- ¼ cup sliced ripped olives
- ¼ cup chopped fresh parsley
- 1 tablespoon minced fresh sage
- ¼ cup freshly grated parmesan cheese

Directions

1. Coat a large nonstick skillet with cooking spray. Place over medium-high heat until hot. Add chicken, onion, carrot and garlic; sauté 4 minutes or until chicken is lightly browned.
2. Add water and wine. Reduce heat to medium, and simmer uncovered for 5 minutes. Remove from heat and set aside.
3. Cook pasta according to package directions, omitting salt and fat. Drain well.
4. Place pasta in a large serving bowl, add margarine and toss until margarine melts.
5. Add chicken mixture, tomato, olives, parsley, and sage and toss gently.
6. Sprinkle with parmesan cheese and enjoy!

Calories: 220, Protein 19.1, Fat 4.4, Carbohydrate 25.4, Cholesterol 36, Iron 2.1 Sodium 191, Calcium 85.

