



Healthy Eating & Weight Loss

Chicken Pasta with Roasted Red Pepper Cream Sauce

- 1/2 pound pasta
- 4 boneless skinless chicken breasts, chopped and cooked.
- 1 tsp olive oil
- 1/2 cup chopped onion
- 1 garlic clove, minced
- 1 (12 oz) jar roasted red peppers, drained and chopped
- 1 cup coarsely chopped fresh basil
- 3/4 cup chicken broth
- 1/4 cup fat free half and half

Cook pasta according to the package directions. Drain and keep warm. ■

Meanwhile, heat oil in saucepan over medium-high heat and add onion and garlic until the onion is soft. Stir in the half the red peppers and basil and cook 1 minute longer. Add broth and simmer uncovered for 10 minutes. Remove from heat and stir in half and half. Pour sauce into a food processor or blender. Blend until smooth.

Serve over pasta, chicken and the remainder of the peppers and toss to coat.

358 calories per serving, 33 g protein

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