

## Chicken

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# Balsamic Chicken Fettuccine

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**Servings: 5**

**Start to Finish Time: 25 minutes**

**8 ounces fettuccine, uncooked**

**1 1/2 pounds boneless/ skinless chicken breasts, cut into strips**

**2 tablespoons balsamic vinaigrette, divided**

**1/2 pound fresh mushrooms, sliced**

**1 medium red onion, chopped**

**2 cans (14 1/2 oz each) diced tomatoes, drained**

**2 cups frozen broccoli florets**

**1/2 teaspoon Italian seasoning**

**1/2 cup balsamic vinaigrette**

Cook the fettuccine according to package directions.

In a large skillet, saute' the chicken in one teaspoon of the vinaigrette until no longer pink. Remove and keep warm.

In the same skillet, saute' the mushrooms and onions in one tablespoon of vinaigrette until tender.

Add the tomatoes, broccoli, Italian seasoning and 1/2 cup of vinaigrette. Cook for 5 to 6 minutes longer or until heated through.

Drain the fettuccine.

Add the fettuccine and chicken to the skillet and toss to coat.

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Per Serving (excluding unknown items): 39 Calories; trace Fat (9.4% calories from fat); 2g Protein; 8g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 9mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Vegetable; 0 Fat.