

Chicken

Chicken With Olives

CLASSICO Italian Foods To Savor - page 72

Servings: 4

8 ounces spinach fettucine, cooked as directed, drained

8 medium chicken breasts, no skin, no bone, R-T-C

2 tablespoons olive oil

Salt and pepper

1 jar (26 oz) Roasted garlic pasta sauce

1/2 cup pimiento-stuffed olives, sliced

Chopped fresh parsley (optional)

In 12-inch skillet, over medium heat, cook chicken in oil until lightly browned, about 15 minutes, turning to brown evenly. Sprinkle with salt and pepper.

Remove chicken from skillet; set aside. Pour off fat.

In same skillet, combine pasta sauce and olives in skillet. Bring to a boil.

Return chicken to skillet.

Reduce heat to low. Cover; simmer about 30 minutes or until chicken is fully cooked.

Serve chicken and sauce over Hot fettucine.

Sprinkle with parsley if desired.

Per Serving (excluding unknown items): 617 Calories; 19g Fat (28.9% calories from fat); 105g Protein; 0g Carbohydrate; 0g Dietary Fiber; 288mg Cholesterol; 250mg Sodium. Exchanges: 14 1/2 Lean Meat; 1 1/2 Fat.