

Chicken

Roasted Pepper Chicken Penne

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Servings: 8

Start to Finish Time: 30 minutes

1 pound boneless skinless chicken breasts, cut into 1-inch strips

1/4 cup balsamic vinegar

1 package (16 oz) penne pasta

1 medium onion, sliced

3 cloves garlic, sliced

1/4 cup olive oil

1 can (28 oz) crushed tomatoes

1 cup roasted sweet red peppers, julienned

1 cup chicken broth

3 teaspoons Italian seasoning

1/4 teaspoon salt

1 cup Parmesan cheese, shredded

Place the chicken in a large resealable plastic bag. Add the vinegar. Seal the bag and turn to coat. Refrigerate for 15 minutes.

Cook the pasta according to package directions.

In a large skillet, saute' the onion and garlic in oil for 1 minute.

Drain the plastic bag and discard the vinegar.

Add the chicken to the skillet. Cook for 4 to 5 minutes or until the meat is no longer pink.

Stir in the tomatoes, red peppers, broth, Italian seasoning and salt.

Bring to a boil over medium heat. Cook and stir for 4 to 5 minutes or until heated through.

Drain the pasta. Toss with the chicken mixture.

Sprinkle with cheese.

Per Serving (excluding unknown items): 210 Calories; 11g Fat (46.8% calories from fat); 19g Protein; 9g Carbohydrate; 1g Dietary Fiber; 41mg Cholesterol; 396mg Sodium. Exchanges: 1/2 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 1/2 Fat.