

Rotini with Smoked Paprika Chicken

Publix Flavor Excursion

Servings: 4

12 ounces *gluten-free rotini*
1 *tablespoon smoked paprika*
1 *tablespoon brown sugar*
1 *tablespoon red wine vinegar*
2 *cloves garlic, minced*
3/4 *teaspoon salt*
3/4 *teaspoon black pepper*
2 *boneless/ skinless chicken breasts, cubed*
1 *tablespoon olive oil*
1 *cup onion, finely chopped*
1 *yellow bell pepper, chopped*
1 *cup (10 ounce) diced tomatoes*
1 *cup (10 ounce) frozen peas*

Prepare the pasta according to package directions. Drain. Rinse with warm water. Set aside.

Meanwhile, blend the paprika with the sugar, vinegar, garlic, salt and pepper. Toss with the chicken to coat. Set aside.

In a large, deep non-stick skillet set over medium-high heat, heat the oil. Add the onion and peppers. Saute' for 2 minutes.

Add the chicken. Saute' for 3 minutes. Add the tomatoes, breaking them up with a spoon. Simmer for 10 minutes or until thickened. Stir in the peas until heated through.

Serve over the cooked pasta.

Start to Finish Time: 20 minutes

Per Serving (excluding unknown items): 89 Calories; 4g Fat (35.5% calories from fat); 2g Protein; 13g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 427mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Vegetable; 1/2 Fat; 0 Other Carbohydrates.

Pasta

Per Serving Nutritional Analysis

Calories (kcal):	89	Vitamin B6 (mg):	.2mg
% Calories from Fat:	35.5%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	55.2%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	9.4%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	4g	Folacin (mcg):	32mcg
Saturated Fat (g):	trace	Niacin (mg):	1mg

Monounsaturated Fat (g): 3g
Polyunsaturated Fat (g): trace
Cholesterol (mg): 0mg
Carbohydrate (g): 13g
Dietary Fiber (g): 2g
Protein (g): 2g
Sodium (mg): 427mg
Potassium (mg): 275mg
Calcium (mg): 27mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 70mg
Vitamin A (i.u.): 483IU
Vitamin A (r.e.): 48 1/2RE

Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 0
Vegetable: 1 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 89 **Calories from Fat:** 31

% Daily Values*

Total Fat	4g	6%
Saturated Fat	trace	2%
Cholesterol	0mg	0%
Sodium	427mg	18%
Total Carbohydrates	13g	4%
Dietary Fiber	2g	10%
Protein	2g	

Vitamin A	10%
Vitamin C	116%
Calcium	3%
Iron	5%

* Percent Daily Values are based on a 2000 calorie diet.