



Texas Diabetes Institute

University Health System

Chicken Pasta Pomodoro

Preparation Time: Less than 30 minutes

Number of Servings: 4

Ingredients:

- 1 pound dried pasta
 - 1 pound chicken breast
 - 1 tablespoon olive oil
 - 2 cloves garlic
 - 1 28 oz. canned whole peeled tomatoes, including liquid
 - 1 teaspoon kosher salt
 - ¼ teaspoon black pepper
 - 1 teaspoon sugar
 - 12 fresh basil leaves, torn
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Directions:

Heat 1 tablespoon of olive oil in a skillet over medium high heat. Add 1lb of chicken breast and cook until browned and cooked (about 10 minutes). Cut or tear meat into bite-size pieces and mix with pomodoro sauce.

Cook the pasta according to the package directions. Heat the oil in a large saucepan over medium heat. Add the garlic and cook until light brown, about 1 minute. Add the tomatoes and their juices, salt, pepper and sugar. Bring to a boil. Reduce heat and simmer, crushing the tomatoes with a wooden spoon, until the sauce thickens slightly, about 10 minutes. Stir in the basil. Toss with the cooked pasta.

Nutrient Analysis:

- Calories: 370
- Carbohydrates: 49 grams
- Fiber: 3 grams
- Protein: 24 grams
- Total fat: 8 grams
- Saturated fat: 3 grams
- Sodium: 690 milligrams