



NUTRITION PER SERVING:

CALORIES 421
PROTEIN 36 G
CARBOHYDRATE 49 G
TOTAL FAT 10 G

PREP TIME: 15 MINUTES
COOK TIME: 15 MINUTES

YIELD: 4 SERVINGS
SERVING SIZE: 1 C PASTA, 1 C SAUCE,
1½ TBSP FETA

- 2 C** DRY WHOLE-WHEAT BOWTIE PASTA (FARFALLE) (8 OZ)
- 1 TBSP** OLIVE OIL
- 1 TSP** GARLIC, MINCED (ABOUT ½ CLOVE)
- 8 OZ** WHITE BUTTON MUSHROOMS, RINSED AND CUT INTO QUARTERS
- 4 C** COOKED BROCCOLI FLORETS (OR A 1-LB BAG FROZEN BROCCOLI, THAWED)
- 1 C** GRILLED BONELESS, SKINLESS CHICKEN BREAST, DICED (ABOUT 2 SMALL BREASTS) (LEFTOVER FRIENDLY)
- 2 C** LOW-SODIUM CHICKEN BROTH
- 1** MEDIUM LEMON, RINSED, FOR 1 TBSP ZEST
- 1 TSP** JUICE (USE A GRATER TO TAKE A THIN LAYER OF SKIN OFF THE LEMON; SQUEEZE JUICE AND SET ASIDE)
- 2 OZ** REDUCED-FAT FETA CHEESE, DICED

BOWTIE PASTA WITH CHICKEN, BROCCOLI, AND FETA

THIS YUMMY DISH PROVIDES A TASTY WAY TO GET YOUR CHILDREN TO EAT BROCCOLI

- 01 In a 4-quart saucepan, bring 3 quarts of water to a boil over high heat.
- 02 Add pasta, and cook according to package directions. Drain.
- 03 Heat olive oil and garlic in a large sauté pan over medium heat. Cook until soft, but not browned (about 30 seconds).
- 04 Add mushrooms and heat until lightly browned and soft
- 05 Add broccoli, diced chicken, and chicken broth. Bring to a boil and simmer for about 3 minutes, until the broccoli and chicken are heated through.
- 06 Add pasta, and toss gently. Continue to simmer until pasta is hot, about 3–4 minutes.
- 07 Add lemon zest and juice, and toss gently.
- 08 Serve 2 cups of pasta and sauce per portion. Top each portion with 1½ table spoons feta cheese.



If your children do not like feta cheese, try serving with parmesan or mozzarella cheese on top.