

Zingy Lemon Chicken Pasta

Ingredients:

8 oz. whole wheat spaghetti, uncooked
1 tbsp. tub margarine
1 tbsp. olive oil
1 ¼ lbs. boneless, skinless chicken breast, cut into ¾-inch pieces
5 green onions, sliced
1 large clove garlic, minced
¼ cup all-purpose flour
¼ tsp. salt
1/8 tsp. black pepper

1/8 tsp. cayenne pepper
1 1/3 cups chicken broth
2/3 cup skim milk
2 tsp. prepared mustard
¼ cup freshly squeezed lemon juice

Topping:

¼ cup chopped almonds
2 tbsp. chopped chives or scallions
¼ tsp. paprika (optional)

Directions:

Combine flour, salt, pepper and cayenne in a saucepan; gradually add chicken broth and skim milk, stirring with a wire whisk until smooth. Place over medium heat and cook, stirring constantly, until thickened. Add mustard and lemon juice. Allow to cool.

Heat margarine and oil in a skillet. Add chicken pieces, green onions and garlic. Sauté until chicken is just firm and cooked through, about 10 minutes.

Prepare pasta according to package directions and drain. Combine sauce, chicken and pasta mixture. Put into a 2 ½-quart casserole dish. Sprinkle top with almonds, chopped chives and paprika (if using). Bake at 375° for 10 minutes or until heated through.

Makes 4 servings

Nutrition Facts:

Calories 540
Saturated Fat 2.9 g
Fiber 8.5 g
Sodium 324 mg
Potassium 505 mg
Calcium 100 mg
Vitamin D 20 IU



Meal Suggestion:

1 cup Zingy Lemon Chicken Pasta (2 ounce equivalents whole grains, 3 ¼ ounce protein)
1 cup Steamed Broccoli (1 cup vegetables)
1 cup Skim Milk (1 cup dairy)
½ cup Baked Apple Slices with Cinnamon (½ cup fruit)



The "Grain Chain," a group of MyPlate National Strategic Partners committed to promoting and supporting grains, offers a series of recipes featuring whole grains. Members include American Bakers Association, Wheat Foods Council, Grains Food Foundation, National Pasta Association, USA Rice Federation, General Mills, and Kellogg's.