



Chicken with Broccoli and Pasta

Light and Healthy!

Serves 4

INGREDIENTS

From Weiss'

- 1 full chicken breast

From your Grocer

- 3/4 cup diced bell peppers (red, green, and yellow)
- 1/2 TBS olive oil
- 1 tsp. diced onion
- 2 teaspoons of garlic and herb seasoning (like Mrs. Dash) divided 1 & 1/2 tsp. and then 1/2 tsp.
- 3/4 cup fresh broccoli florets
- 1/2 cup cauliflower florets
- 1/2 cup peeled baby carrots
- 1 box fiber plus pasta (like Ronzoni)
- 1/4 cup parmesan cheese

PREPARATION

- Cut one full chicken breast into bite sized pieces.
- Chop 3/4 cups of diced peppers into small wedges.
- Add 1/2 TBS olive oil to a large sauté pan.
- Add Chicken and sprinkle with 1 and 1/2 teaspoons of garlic and herb seasoning.
- Cook until golden brown and crispy on the outside.
- Meanwhile, boil water in a pot and add pasta.
- Cook until slightly tender but still firm.
- Add half cooked pasta to the sauté pan.
- Add the fresh vegetables.

WEISS **BROS., INC.** **MEATS**

- Cover and allow to cook through, stirring occasionally. Pasta will absorb the steam from the fresh vegetables and be perfectly tender when done.
- When pasta and vegetables are cooked, add an additional 1/2 teaspoon of garlic and herb seasoning.
- Finish by sprinkling 1/4 cup of fresh grated parmesan cheese and serve.