

Pasta Puttanesca

Makes 4 servings

1/4 c chopped olives
2 T chopped garlic
1/2 jalapeno, minced
5 minced anchovy fillets
1 T balsamic vinegar
2 t Italian seasoning
pinch salt

12 oz. diced boneless chicken
1 14oz. Can no salt added diced tomatoes
2/3 cup pasta sauce
1 small zucchini sliced 1/4" thick
2/3 cup chopped asparagus
1 T unsalted butter
3 cups cooked penne pasta



Heat olives, garlic, jalapeno, anchovy, vinegar, Italian seasoning, salt, and chicken in a covered pan on medium-high heat for 3 minutes stirring every thirty seconds. Add tomatoes and pasta sauce, heat to a boil, reduce to a simmer and cover. Continue simmering for about 5 minutes. Add the zucchini and asparagus and simmer covered for an additional 5 minutes, remove cover and simmer until vegetables have reached desired doneness (5 more minutes for crisp vegetables). Turn off heat, melt butter in sauce, and serve over penne.

Nutrition information per serving (1/4 of recipe): 460 calories, 14g fat (4.5 g saturated fat), 25g protein, 57g carbohydrate, 400 mg sodium, 8g dietary fiber. Excellent source of vitamins A and C and Iron. Good source of calcium.

