

Penne and Chicken and Vegetables

Prep time: 15 minutes

9 ounces uncooked penne pasta
Cooking spray
1 pound boneless, skinless chicken breasts, cut into 1-inch strips
1 tablespoon olive oil
2 cups broccoli florets
2 medium red bell peppers, sliced into thin strips
2 medium yellow squash, sliced
1 14-ounce can no-salt-added diced tomatoes, juice drained
¼ cup white wine
½ teaspoon dried basil
½ teaspoon dried oregano
¼ teaspoon salt
¼ teaspoon ground black pepper
¼ cup grated Parmesan cheese

1 Cook pasta according to package directions, omitting salt.

2 Coat a large nonstick skillet with cooking spray. Over medium-high heat, cook chicken strips for approximately 3-5 minutes or until done. Remove from pan and set aside.

3 Add olive oil to pan. Saute' broccoli, red peppers, and squash to 3-4 minutes. Add tomatoes, wine, herbs, salt, and pepper. Cook for 5-7 more minutes.

