

Fitness Aspects

For the Body & Mind



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.