

## Mediterranean Chicken and Pasta

Makes: 4 servings

Prep: 5 minutes

Cook: 15 minutes

- 1 6-ounce jar marinated artichoke hearts
- 1 tablespoon olive oil
- 12 ounces skinless, boneless chicken breast, cut into bite-size pieces
- 3 garlic cloves, thinly sliced
- $\frac{1}{4}$  cup chicken broth
- $\frac{1}{4}$  cup dry white wine
- 1 teaspoon dried oregano, crushed
- 1 7-ounce jar roasted red peppers, drained and cut into strips
- $\frac{1}{4}$  cup pitted kalamata olives
- 3 cups hot cooked campanelle or penne pasta
- $\frac{1}{4}$  cup crumbled feta cheese (optional)

1. Drain artichoke hearts, reserving marinade, and chop them. In a large skillet, heat oil over medium-high heat; add chicken and garlic. Cook and stir until chicken is brown. Add the reserved artichoke marinade, broth, wine and dried oregano.

2. Bring to a boil; reduce heat. Simmer, covered, 10 minutes. Stir in chopped artichokes, roasted peppers and olives.

3. To serve, spoon chicken mixture over pasta. If desired, sprinkle with feta cheese.

Nutrition facts per serving:

347 calories, 26 g protein, 38 g carbohydrate, 9 g fat (1 g saturated), 3 g fiber

## Chicken Again?

A simple rub or glaze is an easy way to turn a plain chicken breast into a delicious dinner. "They boost the flavor without adding fat or too many extra calories," says chef Bobby Flay, host of *Grill It! With Bobby Flay* on the Food Network. Try one of these recipes.

### Red Chile Rub

Mix together 3 tablespoons ancho chile powder, 1 teaspoon cinnamon, 1 teaspoon ground cumin, 1 teaspoon light brown sugar,  $1\frac{1}{2}$  teaspoons salt and  $\frac{1}{2}$  teaspoon pepper; rub over 4 to 6 chicken breasts that have been brushed with 2 tablespoons canola oil. Season bottoms with salt. Bake or grill.

### Mustard-Molasses Glaze

Whisk together  $\frac{1}{2}$  cup molasses, 2 tablespoons Dijon mustard, 2 teaspoons ancho chile powder and  $\frac{1}{4}$  teaspoon each salt and pepper. Grill or bake 4 to 6 breasts, drizzling glaze over chicken in the last minute of cooking. Once chicken is done, brush with remaining glaze.

