PASTA PRIMAVERA

SERVES 2

Preparation time: 30 minutes

INGREDIENTS

4 ounces cooked pasta
1 cup broccoli flowerets
½ cup ¼-inch carrot strips
1 teaspoon olive oil
½ pound boneless, skinless chicken breast halves, cut into ¼-inch strips
1 clove garlic, finely chopped

⅝ cup low-fat ranch dressing
2 tablespoons grated Parmesan cheese
1 teaspoon dried basil leaves
½ cup mozzarella cheese

DIRECTIONS

1. Cook and drain pasta as directed on package. Add broccoli and carrot 1 minute before pasta is done.
2. While pasta is cooking, heat oil in a 10-inch non-stick skillet over medium-high heat. Cook chicken and garlic in oil 2-3 minutes, stirring frequently, until chicken is no longer pink in the center. Once the chicken is cooked, remove from heat.
3. Stir dressing, cheese, and basil in with chicken, then toss with pasta and vegetables.

SIMPLY GOOD EATING

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