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Chicken-Pasta Skillet



time

prep:	total:
30 min	45 min

servings

total:
4 servings

what you need

- 1 lb. boneless skinless chicken breasts, cut into bite-size pieces
- 1 green pepper, cut into strips
- 1 small onion, sliced
- 1-1/2 cups water
- 2 cups rotini pasta, uncooked
- 1 jar (24 oz.) spaghetti sauce
- 1 cup KRAFT 2% Milk Shredded Mozzarella Cheese

make it

COOK and stir chicken in large skillet sprayed with cooking spray on medium-high heat 5 min. Add vegetables; cook and stir 5 min. Stir in water. Bring to boil.

ADD pasta; stir until completely covered with water. Cover with lid; simmer on medium-low heat 15 min. or until pasta is tender. Stir in sauce.

SPRINKLE with cheese. Cook, covered, on low heat 5 min. or until cheese is melted and pasta mixture is heated through, stirring occasionally.

kraft kitchens tips

SUBSTITUTE

Substitute 1 lb. Italian sausage or lean ground beef, crumbled, for the chicken.

SHORTCUT

Substitute 2 pkg. (6 oz. each) OSCAR MAYER Deli Fresh Grilled Chicken Breast Strips for the cooked fresh chicken pieces. Add with spaghetti sauce; continue as directed.

VARIATION

Omit water. Substitute 1 jar (14 oz.) spaghetti sauce for the 24-oz. jar. Cook pasta; drain. Cook chicken with vegetables as directed. Add pasta, sauce and 1 cup cheese; cook until heated through, stirring occasionally. Sprinkle with remaining cheese; cover. Let stand 1 to 2 min. or until melted.

servings

total:

4 servings

healthy living information

Low fat

Low calorie

Good source of vitamin A or C

Diabetes Center

carb choices

carb choices:

3

diet exchange

3 Starch + 4 Meat (L) + 1 Fat

nutrition bonus

Help your family eat right! Here, four different food groups are combined to make one delicious low-calorie, low-fat main dish.

nutritional info per serving

Calories	470	Total fat	11 g	Saturated fat	4 g
Cholesterol	80 mg	Sodium	960 mg	Carbohydrate	49 g
Dietary fiber	5 g	Sugars	12 g	Protein	40 g
Vitamin A	25 %DV	Vitamin C	35 %DV	Calcium	45 %DV
Iron	20 %DV				

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