

"Marios Meal" Pasta and Chicken

Makes: 12 or 48 Servings

12 Servings

48 Servings

Ingredients	Weight	Measure	Weight	Measure
Pasta, whole wheat, rotini		2 cups		8 cups
Olive oil		1-1/2 Tbsp		6 Tbsp
Tomatoes, cherry, sliced		1 cup		4 cups
Asparagus, chopped		1-1/2 cups		6 cups
Onions, chopped		1/2 cup		2 cups
Parsley		1/2 Tbsp		2 Tbsp
Basil		1/2 Tbsp		2 Tbsp
Parmesan cheese, grated		1/4 cup		1 cup
Chicken, boneless, skinless, cut into cubes	1-1/2 lbs		6 lbs	
Cooking spray		As needed		As needed

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	258	
Total Fat	5 g	
Protein	24 g	
Carbohydrates	30 g	
Dietary Fiber	1 g	
Saturated Fat	1 g	
Sodium	209 mg	

Directions

1. Coat a large skillet in cooking spray. Add vegetables and spices.
2. Cook on medium-high heat for about 5 minutes.
3. Remove vegetables and add chicken. Cook about 3 minutes on each side, or longer depending on thickness of breasts.
4. In separate pot, cook pasta noodles as directed.
5. Combine pasta and vegetables.
6. Drizzle with olive oil and small amount of parmesan cheese.
7. Dish 1/2 cup vegetables/pasta mix and top with 2 tablespoons of chicken cubes.

Notes

Serving Tips:

This dish can also be made with beans or turkey breast. It

can also be used a snack and served with more vegetables or without the chicken.