

Poppin Pasta

Makes: 14 or 56 servings

14 Servings

56 Servings

Ingredients	14 Servings		56 Servings	
	Weight	Measure	Weight	Measure
Chicken, boneless, skinless, diced	2 lbs		8 lbs	
Pasta, whole grain		2 1/2 cups		10 cups
Broccoli, frozen, chopped		1 1/2 cups		6 cups
Tomatoes, chopped		2 cups		8 cups
Pepper, black		2 Tbsp		1/2 cup
Garlic		2 Tbsp		1/2 cup
Lemon juice		1 lemon		4 lemons
Oregano, ground		2 Tbsp		1/2 cup
Olive oil		2 Tbsp		1/2 cup

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	244	
Total Fat	5 g	
Protein	25 g	
Carbohydrates	26 g	
Dietary Fiber	1 g	
Saturated Fat	1 g	
Sodium	205 mg	

Directions

1. Cook pasta according to package directions. Drain.
2. Heat olive oil over medium heat in skillet.
3. Cut chicken into bite-size pieces.
4. Add spices and lemon juice to oil.
5. Add chicken and cook until no longer pink inside.
6. Add vegetables to chicken and cook until they are tender.
7. Add vegetable and chicken mixture to pasta.

Notes

Serving Tips:

This dish can also be made with mixed canned or frozen vegetables. Choose different shapes of pasta to make the dish appealing for kids.