

Bow Tie Pasta Bowl

Ingredients

- 3 cups reduced-sodium fat-free chicken broth
- 6 ounces uncooked bow tie pasta
- 1/8 teaspoon dried red pepper flakes
- 1 1/2 cups diced cooked chicken
- 1 medium tomato, seeded and diced
- 1 cup packed spring greens or spinach, coarsely chopped
- 3 tablespoons chopped fresh (or 1 1/2 tbsp. dried) basil
- 1 cup (4 ounces) shredded mozzarella cheese
- 4 teaspoons grated Parmesan cheese



Directions

1. Bring broth to boil over high heat in large saucepan; add pasta and pepper flakes. Return to a boil; reduce heat, cover, and simmer 10 minutes or until pasta is al dente.
2. Add chicken and cook 1 minute. Remove from heat; stir in tomato, greens, and basil.
3. Spoon evenly into four shallow soup bowls; top evenly with mozzarella and Parmesan.

Yield: 4 servings.

Serving size: 1 1/4 cups plus 1/4 cup mozzarella per serving.

Nutrition Facts Per Serving:

Calories: 345

Carbohydrates: 35 g

Protein: 31 g

Fat: 9 g

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