



Cilantro Chicken Pasta

SERVING: 1 CUP
YIELD: 6

PREP TIME: 10 MIN
TOTAL TIME: 30 MIN

Ingredients

- 1/2 pkg whole-wheat spaghetti
- Cooking Oil Spray
- 1 lb boneless skinless chicken breast, diced
- 1 tsp poultry seasoning
- 1/4 tsp ginger powder
- 2 summer squash, chopped
- 2 jalapeno **OR** serrano pepper, finely chopped
- 1 lime, juiced
- 1 pkg frozen corn, thawed
- 1/2 tbsp minced garlic
- 1/2 pkg Monterey Jack cheese

Directions

1. Prepare pasta according to package directions. Toss pasta with lime juice. Set aside.
2. Using a cutting board, chop chicken into 1 inch pieces. Coat with seasonings.
3. Lightly coat a large skillet with cooking spray & heat over medium. Add chicken & garlic to pan. Cook 5-7 minutes.
4. Using a clean cutting board, chop jalapeños and cut zucchini into half moons.
5. Add all vegetables to pan. Cook 5-7 minutes or until heated through, stirring occasionally. Add pasta to skillet & toss with cilantro.
6. Top with cheese & serve!

| Nutrition Facts | |
|---|--------------|
| 6 servings per container | |
| Serving size | 1 cup (0.0g) |
| Amount Per Serving | |
| Calories | 340 |
| % Daily Value* | |
| Total Fat | 6g8% |
| Saturated Fat | 2g10% |
| Trans Fat | 0g |
| Cholesterol | 55mg18% |
| Sodium | 170mg7% |
| Total Carbohydrate | 43g16% |
| Dietary Fiber | 5g18% |
| Total Sugars | 4g |
| Includes 0g Added Sugars | 0% |
| Protein | 29g |
| Vitamin D | 0.1mcg0% |
| Calcium | 160mg10% |
| Iron | 2.1mg10% |
| Potassium | 440mg10% |
| * The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. | |

*Recipe adapted from
onieproject.org

| Cost Per Recipe | Cost Per Serving |
|-----------------|------------------|
| \$9.40 | \$1.57 |