

## **Chicken Artichoke with Linguine**

Serving size: 1 chicken breast & 1 cup pasta

Serves: 4

### **Ingredients:**

6 oz uncooked Linguine  
½ teaspoon salt  
1 teaspoon black pepper  
¼ cup all purpose flour  
4 whole boneless skinless chicken breasts  
3 teaspoons olive oil  
½ cup onion, diced  
2 cloves garlic, minced  
½ cup fresh mushrooms, sliced  
½ cup tomatoes, diced  
1 sprig fresh basil  
½ cup fat free half and half  
1 can (14 oz) water-packed artichoke hearts, drained and halved  
1 tablespoon Parmesan cheese  
1 tablespoon fresh parsley, minced

### **Directions:**

1. Cook the linguine to al dente according to package directions drain and reserve.
2. Combine the salt, pepper and flour.
3. Flour the chicken breasts.
4. Heat the oil to hot in a heavy skillet. Sauté the chicken. Reserve.
5. Sauté the onion, garlic, mushroom, tomato and basil until the onion is translucent.
6. Add the half & half and reduce.
7. Add the artichoke and heat through.
8. Add the chicken.
9. Sprinkle with Parmesan and parsley and serve hot over the linguine.

### **Exchanges per serving:**

2 Meat, 2 ½ Starch, 2 Vegetables

### **Nutrients per serving:**

Calories: 300

Calories from fat: 51

Total Fat: 6g

Cholesterol: 13mg

Sodium: 424mg

Total Carbohydrate: 51g

Dietary Fiber: 10g

Protein: 15g