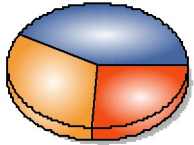




Chicken in Pepperoni-Marinara Sauce

Recipe grams: 775.89g/27.4oz

Serves 2 387.95g/13.7oz per serving



Protein: 42%
Carbohydrates: 32%
Fat: 26%

INGREDIENTS

1 tbsp GARLIC, RAW
1 tsp OREGANO, DRIED, GROUND
20 slices TURKEY PEPPERONI
1 cup MARINARA SAUCE
2 tbsp BASIL, FRESH, CHOPPED
1 tbsp OLIVE OIL, EXTRA VIRGIN
1 breast CHICKEN BREAST, BONELESS, RAW, BROILER/FRYER, MEAT ONLY
1/2 tsp BLACK PEPPER, GROUND
4 oz MOZZARELLA CHEESE, NONFAT
4 oz ANGEL HAIR PASTA, WHOLE WHEAT, DRY

DIRECTIONS

Preheat broiler to high.

Cook Pasta according to directions.

Heat a saucepan over medium-high heat. Coat pan with cooking spray. Add garlic and pepperoni; cook 2 minutes or until garlic begins to brown, stirring frequently. Add oregano; cook 30 seconds. Add marinara sauce; bring to a boil. Reduce heat, and simmer 5 minutes. Remove from heat; stir in basil.

Heat a large skillet over medium-high heat. Add oil; swirl to coat. Sprinkle chicken with pepper. Add chicken to skillet; cook 5 minutes or until lightly browned, turning after 3 minutes.

On a plate, place 2 oz pasta and cooked chicken breast. spoon sauce over chicken; sprinkle evenly with cheese. Lightly broil until cheese melts.

Nutrition Facts	
Serving Size: 1 serving (387.9g)	
Servings: 1	
Amount Per Serving	
Calories 580	Calories from Fat 140
% Daily Value*	
Total Fat 15g	24%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 110mg	36%
Sodium 1420mg	59%
Total Carbohydrate 50g	17%
Dietary Fiber 7g	28%
Sugars 13g	
Protein 56g	
Vitamin A 45%	• Vitamin C 6%
Calcium 40%	• Iron 30%
*Percent Daily Values are based on a 2,000 calorie diet.	