

Low Fat Chicken and Sun-Dried Tomato Pasta

Using naturally bold flavors, like sun-dried tomatoes and olives, can offer a great substitute for dairy based pastas. We altered this recipe from the website of Mrs. Green's Natural Markets (located throughout the North East)

Serves: 4

Ingredients:

- 1 cup low or reduced sodium chicken broth
- 1 1/2 oz. Sun Dried Tomatoes (not packed in oil, about 16)
- 2 cups cooked chicken, cut into bite-size pieces
- 2 tablespoons white wine
- 1 teaspoon dried basil
- 1 teaspoon extra virgin olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 4 cups cooked pasta of choice (works well with whole grain pastas)
- Chopped olives

Directions:

Combine broth and tomatoes in a small sauce pan and warm gently on low heat. Take off heat and let sit 5 minutes. Drain, reserving broth. Finely chop tomatoes and set aside. Place chicken, 1/2 cup broth, wine, basil, oil, salt and pepper in saucepan and heat gently till hot. When pasta is done, drain and toss with chicken mixture and tomatoes. Sprinkle with chopped olives and serve. Set out a bowl of vegan parmesan for topping if desired.