

farfalle with herb-marinated grilled chicken

PREP TIME: 20 minutes
MARINATE TIME: 30 minutes
MAKES: 5 servings
COOK TIME: 5 minutes

WHAT YOU NEED

- 1 lb. boneless, skinless chicken breast halves
- 1/4 cup Bertolli Extra Virgin Olive Oil
- 2 Tbsp. balsamic vinegar
- 1 Tbsp. lemon juice
- 1 Tbsp. finely chopped fresh basil leaves
- 1 Tbsp. finely chopped fresh flat-leaf parsley
- 1 tsp. finely chopped fresh oregano leaves (optional)
- Pinch crushed red pepper flakes
- 1 jar Bertolli Tomato & Basil Sauce, heated
- 1 box (16 oz.) farfalle or penne pasta, cooked and drained

MAKE IT

1. Combine Olive Oil, vinegar, lemon juice, basil, parsley, oregano and red pepper flakes in shallow bowl. Add chicken; turn to coat. Cover and marinate in refrigerator 30 minutes.

2. Remove chicken from marinade, discarding marinade. Grill or broil chicken, turning once, until thoroughly cooked; slice.

3. Spoon Sauce over hot farfalle and top with chicken. Garnish, if desired, with additional parsley.

Cost per recipe*: \$9.92.

Cost per serving*: \$1.98.

*Based on average retail prices at national supermarkets.



Nutrition Information per serving:

Calories 550, Calories From Fat 70, Saturated Fat 1.5g, Trans Fat 0g, Total Fat 8g, Cholesterol 55mg, Sodium 680mg, Total Carbohydrate 83g, Sugars 15g, Dietary Fiber 6g, Protein 36g, Vitamin A 15%, Vitamin C 15%, Calcium 10%, Iron 25%