

basil cream chicken pasta and salad with lemon vinaigrette

TOTAL TIME

30 minutes

MAKES 4

SERVINGS



APRON'S ADVICE

Avoid rinsing cooked pasta. This decreases its ability to absorb the flavors from the sauce.

SHOPPING LIST

Dairy

2 tbsp garlic butter
1 cup heavy whipping cream

Dry Grocery

1 tsp dried basil leaves
8 oz fettuccine
2 tbsp flour
large zip-top bag
1/4 cup lite red wine/olive oil vinaigrette
2 tbsp raisins
2 tsp seasoned salt

Meat

1 1/2 lb boneless chicken tenders, thawed if needed

Produce

1 lemon
1/2 red bell pepper
1/2 seedless cucumber
1 (5-oz) bag spring mix salad blend
1 lb steak-topper vegetables (contains fresh pre-sliced mushrooms, onions and bell peppers)
1 medium yellow tomato

Suggested Items

Italian bread
chocolate cake
olive oil and dipping spices

COOKING SEQUENCE

- Prepare chicken through step 5 - 15 minutes
- Using clean knife and cutting board, prepare salad; complete chicken and serve - 15 minutes

basil cream chicken pasta

INGREDIENTS

2 tablespoons flour	8 ounces fettuccine
2 teaspoons seasoned salt	1 pound steak-topper vegetables (contains fresh pre-sliced mushrooms, onions and bell peppers)
large zip-top bag	1 teaspoon dried basil leaves
1 1/2 pounds boneless chicken tenders, thawed if needed	1 cup heavy whipping cream
2 tablespoons garlic butter	

STEPS

1. Fill large saucepan 1/2 full of water. Cover and bring to a boil on high for pasta. Place flour and seasoned salt in zip-top bag and shake to mix. 2. Preheat large sauté pan on medium-high 2–3 minutes. Cut chicken into bite-size pieces and place in bag. Wash hands, knife, and cutting board with hot soapy water. Seal tightly and shake to coat. 3. Place butter in pan; swirl to coat. Place chicken in pan (discard residual flour) and cook 3 minutes, turning occasionally, or until chicken begins to brown. 4. Stir pasta into boiling water. Boil 8–10 minutes, stirring occasionally, or until tender. 5. Move chicken to outer edge of pan and place steak-toppers in center. Cover and cook 6–8 minutes, stirring occasionally, or until vegetables are tender. 6. Stir in basil and cream; reduce heat to medium and simmer 4–5 minutes, uncovered, or until sauce thickens. 7. Drain pasta and return to saucepan. Stir chicken mixture into pasta and serve.

CALORIES (per 1/4 recipe) 707kcal; FAT 32g; CHOL 191mg; SODIUM 949mg; CARB 53g; FIBER 4g; PROTEIN 50g; VIT A 30%; VIT C 87%; CALC 8%; IRON 23%

salad with lemon vinaigrette

INGREDIENTS

juice of 1 lemon	1/2 red bell pepper
1/4 cup lite red wine/olive oil vinaigrette	1/2 seedless cucumber
5 ounces spring mix salad blend	2 tablespoons raisins
1 medium yellow tomato	

STEPS

1. Rinse all vegetables. Cut lemon in half and squeeze juice (about 2 tablespoons) into salad bowl; add dressing and whisk together. Add salad greens and toss to coat. 2. Slice tomato into bite-size pieces; cut pepper and cucumber into 1/4-inch-thick slices and add to salad. 3. Add raisins and toss to mix. Serve.

CALORIES (per 1/4 recipe) 80kcal; FAT 3g; CHOL 0mg; SODIUM 220mg; CARB 11g; FIBER 2g; PROTEIN 2g; VIT A 48%; VIT C 77%; CALC 5%; IRON 7%



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