

# chicken fresca with italian side salad

TOTAL TIME  
30 minutes  
MAKES 4  
SERVINGS



## APRON'S ADVICE

*For a unique salad, prepare the chicken recipe and refrigerate at least 2 hours. Toss with Italian dressing and serve.*

## SHOPPING LIST

### Dairy

2 tbsp butter

### Dry Grocery

1/4 cup Italian salad dressing  
1 tbsp basil pesto  
1/4 cup canned artichoke hearts  
cooking spray  
2 tbsp grated Parmesan cheese  
1 (7-oz) can portabella mushrooms  
1/4 cup roasted red peppers  
1/2 cup seasoned croutons  
1/4 cup sliced green olives

### Frozen

1 (16-oz) bag cavatelli pasta

### Meat

1 lb boneless chicken cutlets

### Produce

12 oz fresh broccoli florets  
1 1/2 cups grape tomatoes  
1 bag (8-10 oz) romaine salad blend  
2 tbsp sun-dried tomatoes

### Suggested Items

carrot cake  
water rolls

## COOKING SEQUENCE

- Place water on to boil for pasta; preheat grill
- Prepare salad through step 2 - 5 minutes
- Complete chicken and salad; serve - 25 minutes

## chicken fresca

### INGREDIENTS

12 ounces fresh broccoli florets (rinsed)	1/8 teaspoon pepper
2 tablespoons sun-dried tomatoes	1 (7-ounce) can portabella mushrooms (undrained)
1 (16-ounce) bag frozen cavatelli pasta	1/2 cup grape tomatoes (rinsed)
1 lb boneless chicken cutlets	1 tablespoon basil pesto
cooking spray	2 tablespoons butter
1/2 teaspoon salt	2 tablespoons grated Parmesan cheese

### STEPS

1. Fill large saucepan 3/4 full of water. Cover and place on high to boil for pasta. Preheat 2-sided tabletop grill.
2. Cut broccoli into bite-size pieces, if needed. Slice sun-dried tomatoes into 1/8-inch-wide strips; set both aside.
3. Stir pasta into boiling water. Boil 8 minutes, stirring occasionally, or until tender.
4. Coat chicken with cooking spray, then season with salt and pepper. Place chicken on grill (wash hands); close lid and grill 3–4 minutes or until internal temperature is 165°F. Use a meat thermometer to accurately ensure doneness. (If using regular grill, double cooking time, turning once.)
5. When pasta has cooked 8 minutes, stir in broccoli, mushrooms, sun-dried tomatoes, and grape tomatoes. Return to boil and cook 1–2 minutes or until broccoli is tender.
6. Drain pasta mixture and return to pan. Stir in pesto, butter, and cheese; cover and let stand 3 minutes.
7. Remove chicken from grill and cut into 1/4-inch-wide strips. Add to pasta mixture, toss, and serve.

CALORIES (per 1/4 recipe) 540kcal; FAT 12g; CHOL 90mg; SODIUM 670mg; CARB 69g; FIBER 11g; PROTEIN 39g; VIT A 35%; VIT C 100%; CALC 10%; IRON 20%

## italian side salad

### INGREDIENTS

1/4 cup canned artichoke hearts	1/4 cup sliced green olives
1/4 cup roasted red peppers	1/2 cup seasoned croutons
1 cup grape tomatoes (rinsed)	1/4 cup Italian salad dressing
1 bag romaine salad blend (8-10 oz)	

### STEPS

1. Dice artichokes and peppers into small, bite-size pieces. Slice tomatoes in half, if desired.
2. Place salad blend, artichokes, peppers, tomatoes, and olives in salad bowl; chill until ready to serve.
3. Add croutons and salad dressing; toss and serve.

CALORIES (per 1/4 recipe) 120kcal; FAT 7g; CHOL 0mg; SODIUM 620mg; CARB 11g; FIBER 2g; PROTEIN 3g; VIT A 35%; VIT C 40%; CALC 4%; IRON 6%



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