

Healthy Harvest® Pasta Sauce Gluten Free Fusilli with Chicken and Broccoli

Preparation Time: 10 minutes

Cooking time: 20 minutes

Servings: 4



A simple, delicious gluten free pasta dinner the whole family will love.

Ingredients

2 1/2 cups (625 mL) **Healthy Harvest® Pasta Sauce Tomato and Herbs**

1 box (340 g) **Catelli® Gluten Free Fusilli**

3 cups (750 mL) broccoli florets

1 tbsp (15 mL) canola oil

2 boneless, skinless chicken breasts, cubed

1/2 tsp (2 mL) each salt and pepper

1 red pepper, chopped

1/2 cup (125 mL) torn basil leaves

Shredded Asiago cheese (optional)

Instructions

1. Cook the fusilli according to package directions. Add the broccoli during the last 2 minutes of cooking. Drain well and keep warm.

2. Meanwhile, heat the oil in a large, nonstick skillet set over medium-high heat. Add the chicken, salt and pepper. Cook for 5 minutes or until browned. Add the red pepper; cook for 3 minutes or until softened. Add the pasta sauce; simmer for 10 minutes. Toss the sauce mixture with the cooked fusilli, broccoli and basil leaves. Garnish with Asiago cheese (if using)

Nutritional Information per serving:

494 calories, 6 g fat, 0.4 g saturated fat, 24 mg cholesterol, 720 mg sodium, 89 g carbohydrates, 9 g fibre, 15 g sugar, 21 g protein.



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