

Chicken Pasta Primavera

Ingredients

6 ounces uncooked spaghetti
1 can (10-3/4 ounces) reduced-fat, reduced-sodium condensed cream of chicken soup, undiluted
3/4 cup water
1 Tbsp lemon juice
1 1/2 tsp dried basil
3/4 tsp garlic powder
1/2 tsp salt
1/4 tsp pepper
1 package (16 ounces) frozen California-blend vegetables, thawed
4 cups cubed cooked chicken breast
3 Tbsp grated Parmesan cheese

Directions

1. Cook spaghetti according to package directions.
2. Meanwhile, in a saucepan, combine the soup, water, lemon juice, basil, garlic powder, salt and pepper. Stir in vegetables; bring to a boil.
3. Reduce heat; cover and simmer for 3-5 minutes or until vegetables are tender.
4. Stir in chicken; heat through.
5. Drain spaghetti; add to chicken mixture and toss to coat.
6. Sprinkle with Parmesan cheese.
7. Yield: 6 servings (1-1/3 cups each)

Nutritional Information

Calories: 342; Fat: 5g (2g saturated); Cholesterol: 78mg; Sodium: 526mg; Fiber: 4g; Carbohydrate: 36g; Protein: 35g

Source: Light & Tasty