



MONDAY: **CHICKEN ARRABBIATA**

Serve up the chunky sauce over your favourite pasta.

Prep: 15 min Cook: 30 min Serves: 4

- 1 lb boneless skinless chicken breasts, chopped**
- 1 onion, chopped**
- 2 red or green bell peppers, chopped**
- 2 cups chopped butternut squash**
- 2 cups Longo's Signature Arrabbiata Spicy Pasta Sauce**

Toss chicken with 1/2 tsp each salt and pepper.

Heat 1 tbsp Longo's 100% Pure Canola Oil in deep skillet over medium-high heat. Brown chicken (in batches if necessary); remove to plate. Add onion, peppers and squash; cook, stirring, for about 5 minutes or until starting to soften. Add chicken and sauce to skillet; bring to a simmer. Cover and reduce heat, stirring occasionally, for about 20 minutes or until squash is tender.

Tip: For more veggies, you could add sliced mushrooms when cooking the vegetables.

Super-spicy variation: Substitute 1 bottle Longo's Signature Piri-Piri cooking sauce for the Arrabbiata sauce.

Per serving: 310 calories; 33 g protein; 9 g fat; 27 g carbohydrate; 3 g fibre; 11 g sugars; 860 mg sodium.