

Pasta with Grilled Chicken, White Beans and Mushrooms

Ingredients:

2 boneless, skinless chicken breasts, each 4 ounces
1 Tbsp olive oil
½ cup chopped white onion
1 cup sliced mushrooms
1 cup white beans, cooked
2 Tbsp chopped garlic
¼ cup chopped fresh basil
12 oz uncooked rotelle pasta
¼ cup parmesan cheese
ground black pepper, to taste



Directions:

Prepare a hot fire in a charcoal grill or heat a gas grill or broiler. Away from the heat source, lightly coat the grill rack or broiler pan with cooking spray. Position the cooking rack 4 to 6 inches from the heat source. Grill or broil the chicken until browned and just cooked through, about 5 minutes each side. Transfer the chicken to a cutting board and let rest 5 minutes before slicing into strips. In a large, nonstick frying pan, heat the olive oil over medium heat. Add the onions, mushrooms and sauté until tender, about 5 minutes. Stir in the white beans, garlic, basil and grilled chicken strips. Keep warm. Fill a large pot $\frac{3}{4}$ full with water and bring to a boil. Add the pasta and cook until al dente (tender), 10 to 12 minutes, or according to the package directions. Drain the pasta thoroughly. Return the pasta to the pot and add the chicken mixture. Toss to mix evenly. Divide the pasta among the plates. Garnish each with 1 Tbsp parmesan cheese and black pepper. Serve immediately.

Makes 4 servings

Nutrition Facts per serving: 408 calories, 7g fat, 2g sat fat, 122 mg sodium, 5g fiber

Source: www.mayoclinic.com