

LiveBetter with MedWatch

Salsa Chicken with Linguine

Ingredients

- 1 pound dried linguine
- $\frac{3}{4}$ pound red bell peppers
- 1 tsp. salad oil
- 1 pound chicken breasts, boneless and skinless
- 2 cups plain nonfat yogurt
- 2 tsp. cornstarch
- 2 bottles (8 ounces each) mild red taco sauce
- $\frac{1}{4}$ cup fresh cilantro, chopped

Preparation

1. Cook pasta, uncovered, in 3 to 4 quarts boiling water until barely tender to bite (5 to 7 minutes).
2. Meanwhile, stem and seed bell peppers and cut lengthwise into $\frac{1}{4}$ -inch slices.
3. In a 10- to 12-inch nonstick frying pan over medium-high heat, add peppers and oil, stirring frequently until peppers are limp and browned (12 to 14 minutes); reduce heat if peppers start to darken too much.
4. Cut chicken into $\frac{1}{4}$ -by-2-inch strips.
5. When pasta is barely tender to bite, add chicken to pasta water and cook until meat is no longer pink in center (cut to test); 2 to 3 more minutes.
6. Drain mixture and return to pan.
7. Blend yogurt with cornstarch.
8. Add mixture and taco sauce to peppers; stir often over medium heat, until bubbling (3 to 5 minutes).
9. Add the pepper-yogurt sauce and chopped cilantro to the pasta and chicken; mix to coat.

Makes 5 to 6 servings.



Nutrition Analysis

Per serving: 461 calories, 3.6 g fat (0.6 g saturated fat), 32 g protein, 74 g carbohydrates, 45 mg cholesterol, 700 mg sodium, 2.6 g dietary fiber



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