

LiveBetter with MedWatch

Tuscan-Baked Chicken & Vegetables

Ingredients

- 4 chicken breast halves, boneless and skinless
- 8 ounces sliced mushrooms
- 3 medium size zucchini (about pound total), thinly sliced
- 2 Tbsp. olive oil
- ½ tsp. pepper
- 1 tsp. fennel seeds
- 1 tsp. dried basil
- 1 can (about 14 ½ ounces) diced tomatoes with basil and oregano
- ¼ cup dry red wine
- 8 ounces dried spinach fettuccine
- chopped parsley
- grated Parmesan cheese

Preparation

1. Rinse chicken and pat dry.
2. Arrange chicken (bone side down), mushrooms and zucchini in a 12x15-inch broiler pan. Drizzle with oil.
3. In a bowl, stir together pepper, fennel seeds, basil tomatoes and their liquid, and wine. Pour evenly over chicken and vegetables; cover tightly with foil.
4. Bake in a 500° oven for 10 minutes. Uncover and continue to bake until meat in thickest part is no longer pink; cut to test (about 12 more minutes).
5. While chicken is baking, bring about 2 quarts water to a boil in a 4-to-5-quart pan over high heat; stir in pasta and cook, uncovered, until just tender to bite (8 to 10 minutes). (Or cook pasta according to package directions.) Drain well
6. To serve, spoon chicken, vegetables and pasta onto individual plates; spoon pan juiced over all.
7. Sprinkle with parsley. Add cheese to taste.

Makes 4 servings.



Nutrition Analysis

Per serving: 492 calories, 44 g protein, 10 g fat (1.6 g saturated fat), 53 g carbohydrate; 306 mg sodium; 82 mg cholesterol; 8.2 g fiber



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