

Grecian Pasta and Chicken Skillet – from the Taste of Home Diabetic Cookbook from Roxanne Chan (lot of ingredients, but easy to make, delicious to eat, impressive for guests)

4 servings

1 can (14.5 oz) reduced sodium chicken broth
1 can (14.5 oz) no salt added diced tomatoes, undrained
¾ lb. boneless, skinless chicken breasts, cut into 1” pieces
½ cup white wine (or water)
1 garlic clove
½ tsp dried oregano
4 oz. multigrain thin spaghetti
1 jar (7.5 oz) marinated quartered artichoke hearts, drained and coarsely chopped

2 cups fresh baby spinach
¼ cup roasted sweet red pepper strips
¼ sliced ripe olives
1 green onion, finely chopped
2 Tbsp minced fresh parsley
½ tsp grated lemon peel
2 Tbsp lemon juice
1 Tbsp olive oil
½ tsp pepper
Parmesan cheese or feta to lightly sprinkle on top

Directions:

In a large skillet, combine the first six ingredients; add spaghetti. Bring to a boil. Cook 5-7 minutes or until chicken is no longer pink and spaghetti is tender. Stir in artichoke hearts, spinach, red pepper, olives, green onion, parsley, lemon peel, lemon juice, oil, and pepper. Cook and stir 2-3 minutes or until spinach is wilted. Serve and sprinkle with cheese.



Shopping List – Grecian Pasta and Chicken Skillet

- 1 can (14.5 oz) reduced sodium chicken broth
- 1 can (14.5 oz) no salt added diced tomatoes
- ¾ lb. boneless, skinless chicken breasts
- White wine (or water if you do not want to use wine)
- garlic
- Dried oregano
- Multigrain thin spaghetti
- 1 jar (7.5 oz) marinated quartered artichoke hearts
- Fresh baby spinach
- Roasted sweet red pepper strips
- Sliced ripe olives
- green onion
- Fresh parsley
- 1 lemon
- Olive oil
- Pepper
- Parmesan cheese or feta