

Tarragon Chicken Linguine

Cooking broccoli with the linguine lets you use less pasta overall and save on cleanup at the same time.

SERVINGS: 4 (1 1/2-cup) servings

CARB GRAMS PER SERVING: 36



- 6 ounces dried linguine or fettuccine
- 2 cups broccoli florets
- 1/2 cup reduced-sodium chicken broth
- 2 teaspoons cornstarch
- 1/4 teaspoon lemon-pepper seasoning or ground black pepper
- 3 skinless, boneless chicken breast halves (12 ounces total), cut into bite-size strips
- 2 teaspoons olive oil or cooking oil
- 1 tablespoon snipped fresh tarragon or dill or 1/2 teaspoon dried tarragon or dill, crushed

1. Cook pasta according to directions, adding broccoli the last 4 minutes. Drain; keep warm.
2. Combine broth, cornstarch, and seasoning; set aside.
3. In a large nonstick skillet, cook chicken in hot oil 4 minutes or until no longer pink, stirring often.
4. Stir cornstarch mixture; add to skillet. Cook and stir until thickened. Stir in tarragon; cook for 2 minutes. Serve over pasta. Makes 4 (1 1/2-cup) servings.

Nutrition Facts Per Serving:

Servings: 4 (1 1/2-cup) servings

Calories 293

Total Fat (g) 4

Saturated Fat (g) 1

Cholesterol (mg) 49

Sodium (mg) 153

Carbohydrate (g) 36

Fiber (g) 2

Protein (g) 27

Diabetic Exchanges

Starch (d.e.) 2

Vegetables (d.e.) 1

Very Lean Meat (d.e.) 2.5

Fat (d.e.) .5

Courtesy of Helen Long, Nutritionist
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