

Grab 'n' Go Dinner for Tonight

Cilantro Pesto Pasta
Serves: 8

Ingredients	Aisle #
1 bunch fresh cilantro, no stems	Produce
¼ cup toasted walnuts	Aisle # 5
1 tbsp. crushed garlic (2 cloves)	Produce
2 tbsp. roasted chopped green chiles (La Victoria)	Aisle # 2
2 tbsp. lime juice	Produce
¼ cup Parmesan cheese	Aisle #2
¼ cup olive oil	Aisle # 5
8 oz. Ronzoni Healthy Harvest Penne Rigate or Rotini Pasta	Aisle # 2
1 cucumber, sliced and quartered	Produce
½ lb. broccoli crowns, chopped	Produce
5 green onions, sliced green parts only	Produce
4 chicken breasts, frozen or fresh, or 1 lb.	Meat Dept.
Salt and pepper	

1. Thaw chicken and lightly season with salt and pepper. Over medium heat, cook chicken breasts about 4 or 5 minutes each side, or until juices run clear. If you prefer, you may also grill chicken.
2. Meanwhile, put cilantro, walnuts, garlic, chilies, lime juice, parmesan cheese and olive oil in a blender or food processor. Blend until creamy.
3. Boil pasta. In last two minutes of boiling, add broccoli. When ready pasta is done, drain.
4. Mix Cilantro pesto with pasta and broccoli until well incorporated.
5. Add onions and cucumber, stir.

Cilantro Pesto Pasta		
Servings Per Meal (8)		
Amount Per Serving		
Calories 318	Calories from Fat 100	
% Daily Value*		
Total Fat 13g	20%	
Saturated Fat 2g	10%	
Cholesterol 50mg	16%	
Sodium 118mg	5%	
Total Carbohydrate 27g	9%	
Dietary Fiber 3g	12%	
Sugars 2g		
Protein 24g		
Vitamin A 6%	•	Vitamin C 45%
Calcium 15%	•	Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
	Calories:	2,000 2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Calories per gram:		
Fat 9 • Carbohydrate 4 • Protein 4		



Tonight's Grab 'n' Go Dinner
Cost per serving: \$1.20

To find the Grab 'n' Go dinner recipe ingredients look for this logo throughout the store.



All ingredients will be marked with the Shape Up Kittitas County logo.