

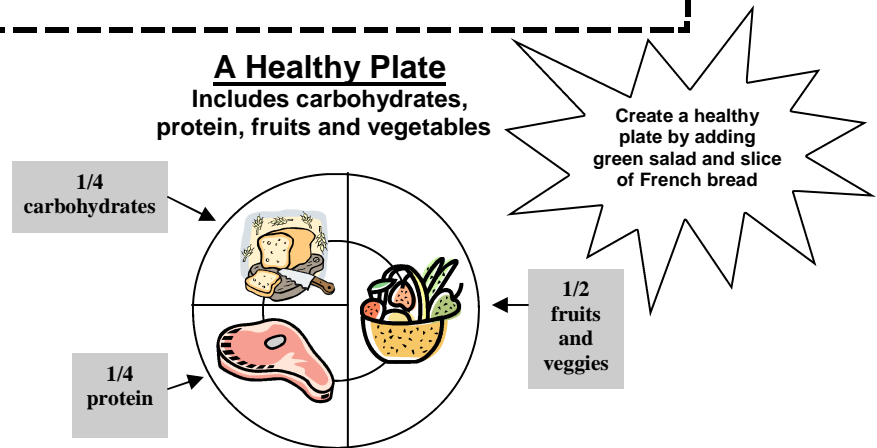
Grab 'n' Go Dinner for Tonight

Pizza-Smothered Chicken & Vegetables
Serves: 4

Ingredients	Aisle #
14.5 oz can fat-free, low sodium chicken broth	Aisle 3
4 oz dry whole wheat blend angel hair pasta, broken into thirds	Aisle 2
8 oz asparagus, ends trimmed, cut into 2" pieces	Produce
4 oz fresh mushrooms, sliced	Produce
4 boneless, skinless chicken breast halves (about 3 oz each)	Fresh Meats
1/2 tsp dried basil, crumbled	Aisle 5
1 cup pizza sauce	Aisle 2
1/8-1/4 tsp crushed red pepper flakes	Aisle 5
1/2 cup shredded part-skim Mozzarella Cheese	Cheese Case
2 Tbsp shredded Parmesan Cheese	Cheese Case

- In a large skillet, bring broth to a boil over high heat.
- Stir in pasta, asparagus, and mushrooms. Top with chicken; sprinkle with basil.
- Spoon pizza sauce over chicken and sprinkle with red pepper flakes; return to a boil.
- Reduce heat and simmer, covered, for 10 minutes, or until chicken is no longer pink in the center.
- Cook, uncovered, for 5 minutes more, or until liquid is absorbed. Sprinkle Mozzarella cheese over chicken breasts; sprinkle Parmesan cheese over all.

Pizza-Smothered Chicken & Vegetables		
Servings Per Meal (4)		
Amount Per Serving		
Calories 310	Calories from fat 50	
% Daily Value*		
Total Fat 6g		9%
Saturated Fat 2g		10%
Cholesterol 60mg		20%
Sodium 630mg		26%
Total Carbohydrate 32g		10%
Dietary Fiber 6g		24%
Sugars 6g		
Protein 31g		
Vitamin A 10%	•	Vitamin C 15%
Calcium 20%	•	Iron 10%
*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: **\$1.85**

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.