

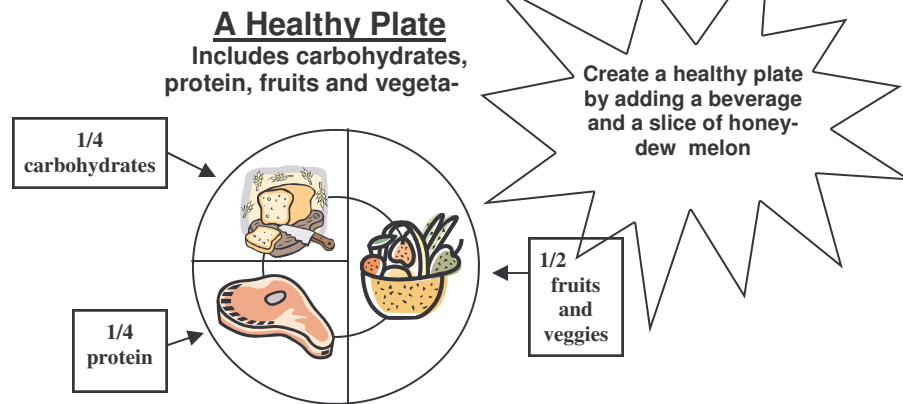
# Grab 'n' Go Dinner for Tonight

**Rotini with Chicken, Green Beans & Tomato**  
Serves: 4

Ingredients	Aisle #
8 ounces uncooked rotini (corkscrew pasta)	Aisle 2
Cooking Spray	Aisle 5
1-pound skinless, boneless chicken breast, 1/4 inc. pieces	Frozen Meats
1/2 teaspoon kosher salt	Aisle 5
1/2 teaspoon freshly ground black pepper	Aisle 5
1 cup (1-inch) slices of green beans (1/2 lb)	Produce
2 cups diced Roma tomatoes (1lb)	Produce
2 garlic cloves, minced	Produce
2 tablespoons chopped fresh basil	Produce
2 tablespoons balsamic vinegar	Aisle 5
1 tablespoon extra virgin olive oil	Aisle 5
1/4 cup (1ounce) crumbled low-fat or fat-free Feta cheese	Refrigerated Cheeses

1. Cook pasta according to package directions, omitting salt and fat.
2. Heat and coat a large non-stick skillet over medium-high heat with cooking spray.
3. While the skillet is heating up, sprinkle chicken with salt and pepper. Add chicken and green beans to pan; sauté 5 minutes. Add tomatoes and garlic to pan; sauté 1 minute.
4. Remove skillet from heat. Stir in pasta, basil vinegar, and oil. Arrange 2 cups pasta mixture on each of the 4 plates; top each serving with 1 tablespoon cheese.

Rotini with Chicken, Green Beans & Tomato	
Amount Per Serving	
<b>Calories 400</b>	<b>Calories from fat 60</b>
<b>% Daily Value*</b>	
<b>Total Fat 7g</b>	11%
Saturated Fat 1.5g	8%
<b>Cholesterol 70mg</b>	23%
<b>Sodium 410mg</b>	17%
<b>Total Carbohydrate 47g</b>	16%
Dietary Fiber 3g	12%
Sugars 5g	
<b>Protein 36g</b>	
<b>Vitamin A 10%</b>	<b>Vitamin C 15%</b>
<b>Calcium 6%</b>	<b>Iron 15%</b>
*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: \$2.08

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



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