RECIPE  
Penne with Chicken and Vegetables



Ready in **15 minutes**

Serves **6 people**

Ingredients

* 9 ounces Four Families Penne Pasta
* 1 pound boneless skinless chicken breast cut into 1 inch strips
* 1 tbsp olive oil
* 2 cups broccoli florets
* 2 medium red bell peppers, sliced into thin strips
* 2 medium yellow squash, sliced
* 1 14 ounce can no salt added sliced tomatoes, juice drained
* 1/4 cup white wine
* 1/2 tsp basil
* 1/2 tsp dried oregano
* 1/4 tsp salt (optional)
* 1/4 tsp black pepper
* 1/4 cup freshly grated parmesan cheese

# Preparation

1. Cook pasta according to package directions omitting salt.
2. Coat a large nonstick skillet with cooking spray. Over medium-high heat, cook chicken strips for about 3-5 minutes or until done. Remove from pan and set aside.
3. Add olive oil to pan. Sauté’ broccoli, red, peppers, and squash for 3-4 minutes. Add tomatoes, wine, herbs, salt, and pepper. Cook for 5-7 more minutes.
4. Toss chicken and vegetable mixture with drained, cooked penne pasta. Sprinkle with Parmesan cheese.