Chicken and Artichoke Pasta

Yield: 4 servings
Total Time: 20 minutes

Ingredients
8 ounces whole wheat spaghetti or favorite whole wheat pasta
1 pound boneless chicken breasts
3 Tablespoons flour
½ teaspoon black pepper
1 Tablespoon olive oil or canola oil
2 cloves garlic, minced
1 teaspoon dried oregano
1 14-ounce can artichoke hearts, rinsed, drained, and cut in half
3 Tablespoons lemon juice
¾ cup low sodium chicken broth
Optional: ½ cup chopped fresh parsley

Preparation Instructions
1. Cook pasta according to directions on package.
2. Chop chicken breasts into 1½ inch pieces.
3. Combine flour and black pepper in a shallow bowl. Coat chicken pieces in this mixture.
4. Heat oil in a large frying pan over medium heat. Add the garlic, chicken and oregano and stir-fry for 3 to 4 minutes until chicken is golden.
5. Meanwhile, rinse and drain artichoke hearts and cut them in half. Add the artichoke halves, lemon juice and broth to the pan. Cover and simmer for 5 to 7 minutes or until the chicken is cooked through.
6. Serve the chicken and artichoke sauce over the pasta. If desired, garnish with parsley.

Nutrition Analysis
Per serving: 580 calories; 10g fat (2g saturated, 0g trans); 110mg cholesterol;
480mg sodium; 75g carbohydrate (12g dietary fiber; 5g sugar); 50g protein.
Vitamin A 6%, Vitamin C 20%, Calcium 10%, Iron 30% Daily Value.

Tip: Use frozen artichokes instead of canned to reduce the sodium and cost.

Cost
Per serving: $2.90