Pasta with Chicken and Brussels Sprouts

Yield: 4 servings  
Total Time: 30 minutes

**Ingredients**
- 8 ounces whole wheat rotini pasta, or favorite whole wheat pasta
- 1 pound boneless, skinless chicken thighs, cut into ½-inch chunks
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 1 Tablespoon olive oil or canola oil, divided
- 12 ounces Brussels sprouts, sliced in half
- ¼ cup water
- ¼ teaspoon crushed red pepper
- ¼ cup dried plain whole wheat breadcrumbs
- 3 cloves garlic, minced
- ¼ cup grated Parmesan cheese (optional)
- 2 Tablespoons chopped parsley (optional)

**Preparation Instructions**
1. Cook pasta according to the package directions. Reserve ½ cup of the pasta cooking water. Drain the pasta and return to the pot.
2. Season the chicken with salt and pepper. In large skillet, heat 2 teaspoons of oil on medium-high heat. Add the chicken and cook, stirring frequently, for 6 minutes or until cooked through (165°F). Transfer the chicken to a bowl.
3. Add the Brussels sprouts, water, 1 teaspoon of oil, and red pepper to skillet. Cook, stirring frequently, for 3 minutes. Add the breadcrumbs and crushed garlic to the skillet. Cook, stirring frequently, for 2 minutes or until the breadcrumbs are toasted.
4. Stir the chicken, Brussels sprouts, and pasta water into the pot with the pasta. Top with grated Parmesan and parsley if desired.

**Nutrition Analysis**
Per serving: 430 calories; 10g fat (1.5g saturated, 0g trans); 110mg cholesterol; 280mg sodium; 54g carbohydrate (9g dietary fiber; 4g sugar); 33g protein. Vitamin A 15%, Vitamin C 120%, Calcium 8%, Iron 25% Daily Value.

**Cost:** $2.06 per serving

Modified from [www.goodhousekeeping.com](http://www.goodhousekeeping.com)