



Fusilli Pasta, Veggies & Grilled Chicken Recipe



About This Recipe

Serves: 4
 Mess Rating: 2 (out of 5)
 Prep Time: 10 minutes
 Cook Time: 20 minutes
 Total Time: 30 minutes

Equipment

1 Large Pot 1 Spoon
 1 Cutting board 1 Saute pan
 1 Knife* 1 Meat thermometer
 1 Strainer 1 Large bowl
 2 Oven mitts 1 set of measuring cups

Ingredients

1 lb Whole Wheat Fusilli Pinch Salt
 2 Large Red Peppers Pinch Pepper
 1 Large Zucchini
 1 Large Yellow Squash
 2 Tablespoons Olive Oil
 2 6-ounce Chicken Breast
 (Halved, boneless, skinless)

Setting Up:

Step 1: Wash the Vegetables

Wash and dry all the vegetables.

Step 2: Prepare the Vegetables

With adult assistance, slice the red peppers into 1 inch x 1/4 inch slices. Cut the zucchini and squash in half, lengthwise, and then into 1/4 inch half-moons.

Step 3: Wash Chicken

Wash and dry the chicken breast halves.

Step 4: Preheat Oven

Have an adult preheat the oven to 400 degrees.

Cooking Steps:

Step 5: Cook the Fusilli

In a large stock pot with boiling salted water, cook the fusilli (about 12 minutes). Drain in strainer and set aside.

Step 6: Saute Vegetables

In a large saute pan over medium-high add 1 tablespoon of the olive oil. Add the red peppers and saute 2 minutes until slightly softened. Add the zucchini and squash and continue cooking about 4 minutes. All the vegetables will be softened and lightly colored. Season to taste with salt and pepper. Add to the cooked fusilli.

Step 7: Grill Chicken

With adult assistance, turn the grill on high. Coat the chicken breasts with the remaining olive oil and season with salt and pepper. Grill each side of the chicken for 4-5 minutes. If the breasts are very thick and the chicken has not reached 165 degrees on a meat thermometer, then (using oven mitts) place the pan with the chicken in the oven to finish cooking for another 8-10 minutes. If you don't have a thermometer, then you can slice one of the breasts open. If there is even a thin line of pink, uncooked chicken, return the chicken to the oven for more cooking time.

Step 8: Slice the Chicken

Slice the chicken in thin strips and toss with vegetables and pasta.

Step 9: Serve

Serve fusilli, vegetables and chicken in large bowl. Add tomato sauce or pesto if desired.

Nutrition Information:

Calories: 538 kCal **Saturated Fat: 2 grams**
Protein: 28 grams **Sugars: 10 grams**
Fat: 10.5 grams **Sodium: 488 mg**