

RASTA

Pasta

INGREDIENTS

- 8 oz dry pasta of choice (I used Barilla protein rotini)
- 12 oz cooked chicken (rotisserie or leftover)
- 1/4 cup canned chipotle peppers in adobo sauce (only use part of the can if you prefer less spicy)
- 1 sliced bell pepper, sautéed
- 1/2 yellow onion, sliced and sautéed
- 1 tbsp butter
- 1 c blended nonfat cottage cheese
- 2 cloves garlic, minced
- Kosher salt and pepper, to taste

INSTRUCTIONS

- Boil pasta in salted water per package directions; drain.
- Meanwhile, sauté bell pepper and onion.
- Chop chicken into bite-sized pieces.
- Remove chipotles from the can; mince finely.
- Return the empty pasta pot to high heat; melt butter.
- Add cottage cheese, minced chipotles, garlic, kosher salt, and pepper.
- Bring to a boil, then simmer 5–6 minutes, stirring occasionally.
- Stir in pasta, chicken, peppers, and onion.
- Serve. Makes 4 servings; nutrition info below is per serving and may vary by brand of products used.



CALORIES: 371

FAT: 7G

CARBS: 42G

PROTEIN: 37G