

Bev's Multi-Cultural Pasta

Serves four

*(Eight Weight Watcher® Points Per Complete Full-sized Serving;
Can be as low as five points by cutting portion size one quarter and eliminating cheese)*

Blends the flavors of the Orient, Mediterranean and Southwest
into a main course that is as satisfying as it is healthy

Ingredients

Olive oil cooking spray (0 W/W points)

Veggies:

1 pound of mushrooms -- portobello, shitake, crimini, straw, etc., rinsed or wiped clean
1 sweet Italian sauteing pepper, diced
1 poblano chili pepper, cut into strips (poblano is flavorful, but not too hot)
(other chilis if you like it hot, like jalapeno, habanero, serrano, etc.)
1 leek, halved lengthwise, cleaned and sliced
1 sweet onion, chopped (1 cup chopped)
4 cloves garlic, minced
1 T grated or finely diced fresh ginger
1 tsp. red pepper flakes (more or less to taste)
(0 W/W points in veggies)

1 pound boneless skinless chicken breast cut into ½ inch wide strips (3 W/W points / serving cooked)

2 cans pasta-style tomatoes

1/3 cup roasted red peppers diced (best to roast a fresh pepper, but you can use roasted red peppers from a jar with oil eliminated)

(0 W/W points -- except for oil if using peppers from a jar)

1 t dry basil or 1 T fresh basil

1 t dry oregano or 1 T fresh oregano

1 t dry marjoram or 1 T fresh

2 t dry cilantro or 2 T fresh

Other herbs? Why not!

(0 W/W points)

Fresh herbs should be chopped. Note that dry and fresh herbs are incorporated at different times.

salt and pepper to taste

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½ pound tri-color pasta twists, cooked according to package directions without any oil added to the water. (4 W/W points / serving; reduce points by making smaller portion)

Blend of hard grating cheeses – parmesan, romano, sardo, asiago, kasseri, etc.
(1 W/W point / 1 T serving)

Preparation

Spray a large frying pan with olive oil cooking spray and pre-heat the pan.

Toss veggies into the pan and saute until they just begin to caramelize. Remove and set aside.

Add more cooking spray if needed, toss in chicken strips or cubes and brown to golden. Chicken should be just cooked through and golden brown. Remove the chicken and set aside.

Return the veggies to the pan.

Add tomatoes, roasted red pepper, and dry herbs if using dry.

Heat the sauce, and reduce if necessary to pasta sauce consistency.

Stir in all the fresh herbs, if using fresh, and keep on heat just until herbs are incorporated. (Don't cook the herbs, because they will lose flavor and intensity.)

Taste, and adjust salt and pepper.

Warm the pasta if it has cooled.

Mix one-half of the sauce with the pasta.

Place the sauced pasta in four wide pasta serving bowls.

Top with remaining sauce.

Arrange golden brown chicken strips on top of sauce, and sprinkle 1 T of grated cheese mix over the chicken in each bowl.

Garnish with sprigs of fresh herbs.

Serve with a mixed green salad for a tantalizing low-point memorable meal.

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