

# BRC Healthy Meal of the Week

## Spinach Fettuccini with Artichokes and Grilled Chicken—Another Healthy and Delicious Meal!

### Ingredients (Serves 2)

3/4 pound spinach fettuccine  
2 tablespoons extra virgin olive oil  
2 15-ounce cans artichokes, cut into 1/8ths  
1 cup chopped tomatoes, fresh or canned  
salt, to taste  
freshly ground black pepper  
2 cloves garlic, minced  
1/2 cup freshly grated Parmesan cheese  
2 tablespoons chopped parsley

### Cooking Instructions—Total Cooking Time 20 minutes

1. Bring a large pot of salted water to a boil. Add the fettuccine and cook until al dente.
2. Meanwhile, heat the olive oil in a skillet over medium heat. Add the artichokes and tomatoes, season with [salt and pepper](#) and cook for 5 minutes. Add the garlic and cook for 1 more minute.
3. Drain the fettuccine, reserving 1/2 cup of the cooking liquid. Return the fettuccine to the pot and toss with 1/2 of the Parmesan cheese and the reserved cooking liquid. Add the artichoke mixture and toss again.
4. Divide the fettuccine among 4 warm bowls and garnish with the remaining Parmesan cheese and parsley. Serve immediately.

### Nutrition Facts

Serving size is one 6oz. Chicken breast and 1 1/2 Cups of Pasta

- Calories 401
- Protein 17 g
- Total Carbohydrate 57 g
- Dietary Fiber 9 g
- Soluble Fiber 0 g
- Sugar 4 g
- Total Fat 13 g
- Saturated Fat 3 g
- Monounsaturated Fat 7 g
- Polyunsaturated Fat 1 g
- Omega-6 Fatty Acid 1 g

