



# Lemon Chicken Pasta

**TOTAL TIME:** Prep: 30 min. Cook: 15 min.

**YIELD:** 6 servings.

*My grandmother made chicken wings and served them over rice. To speed things up, I cook lemony chicken breasts and serve them over capellini pasta. —Aileen Rivera, Bronx, New York*

## Ingredients

4 boneless skinless chicken breast halves (6 ounces each)

1 teaspoon salt, divided

1/4 teaspoon plus 1/8 teaspoon pepper, divided

1/2 cup all-purpose flour

8 ounces uncooked capellini or angel hair pasta

3 tablespoons olive oil, divided

1/4 cup peeled and thinly sliced garlic cloves (about 12 cloves)

1 cup white wine or chicken broth

2 tablespoons lemon juice

1/2 cup grated Parmigiano-Reggiano cheese

1/3 cup plus 3 tablespoons minced fresh parsley, divided

Lemon wedges, optional

## Directions

1. Pound chicken breasts with a meat mallet to 1/4-in. thickness. Sprinkle with 1/2 teaspoon salt and 1/4 teaspoon pepper. Place flour in a shallow bowl. Dip chicken in flour to coat both sides; shake off excess.

2. Cook pasta according to package directions for al dente. Meanwhile, in a large skillet, heat 2 tablespoons oil over medium heat. Add chicken; cook 2-3 minutes on each side or until no longer pink. Remove and keep warm.

3. In same pan, heat remaining oil over medium heat; add garlic. Cook and stir 30-60 seconds or until garlic is lightly browned. Add wine to pan; increase heat to medium-high. Cook, stirring to loosen browned bits from pan, until liquid is reduced by half. Stir in lemon juice.

4. Drain pasta, reserving 1/2 cup pasta water; place in a large bowl. Add cheese, 1/3 cup parsley, half of the garlic mixture, and remaining salt and pepper; toss to combine, adding enough reserved pasta water to moisten pasta. Serve with chicken. Drizzle with remaining garlic mixture; sprinkle with remaining parsley. If desired, serve with lemon wedges.

## Nutrition Facts

1 serving: 403 calories, 12g fat (3g saturated fat), 68mg cholesterol, 577mg sodium, 35g carbohydrate (2g sugars, 2g fiber), 31g protein. **Diabetic Exchanges:** 4 lean meat, 2 starch, 1-1/2 fat.