

# BRUSCHETTA CHICKEN PASTA

## SIMPLE DIABETES NUTRITION

### INGREDIENTS

- 1/2 box (8 ounces) whole wheat penne or bowtie pasta
- 1.5 lb chicken tenderloins, cut into bite sized pieces
- 2 tablespoons olive oil, divided
- 1/4 teaspoon garlic powder
- 1/8 teaspoon black pepper
- 2 large ripe tomatoes, diced
- 2 cloves garlic, finely diced
- 1/2 cup (1 bunch) fresh basil, cut into ribbons, reserving a pinch for garnish
- 1/4 teaspoon salt
- 2 tablespoons grated parmesan cheese for serving

### INSTRUCTIONS

1. Cook pasta according to package instructions
2. Heat 1 tablespoon olive oil in a large pan over medium heat
3. Cook the chicken for 7-10 minutes or until cooked through then set aside
4. Combine the tomatoes, garlic, basil, salt and remaining tablespoon of olive oil
5. Toss the cooked chicken and pasta with the tomato mixture
6. Mix in most of the parmesan, reserving some for garnish
7. Serve with topped with parmesan and basil

SERVING SUGGESTION: SERVE WITH SPRING MIX TOPPED WITH BALSAMIC VINEGAR AND OLIVE OIL FOR A SIMPLE DINNER



FOOD AS HEALTH *Alliance*

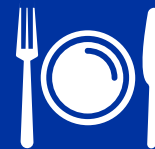
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DIABETES FRIENDLY



4 SERVINGS



20 MIN



# BRUSCHETTA CHICKEN PASTA NUTRITION FACTS

## CHECK THE LABEL

### HOW CAN THIS MEAL HELP MANAGE YOUR DIABETES?

Having diabetes doesn't mean you have to give up the foods you love, including pasta. This recipe uses whole wheat pasta which contains fiber that will help keep blood sugar steady. When counting carbohydrates, you can deduct the dietary fiber from the total carb quantity, so that means this recipe has just 28 grams per serving. This recipe is also high in protein and low in both sodium and fat.

### ANTI-INFLAMMATORY COMPOUNDS

One of the challenges associated with diabetes is chronic inflammation. Certain compounds found in brightly colored fruits and vegetable can help to reduce it. Lycopene found in tomatoes is one such compound, and it's been shown to help decrease inflammation. Lycopene can also help lower blood cholesterol levels and acts as an antioxidant to protect cells from damage.

### Nutrition Facts

servings per container	
<b>Serving size</b>	<b>(230g)</b>
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Amount per serving	
<b>Calories</b>	<b>280</b>
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	<b>% Daily Value*</b>
<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 65mg	<b>22%</b>
<b>Sodium</b> 110mg	<b>5%</b>
<b>Total Carbohydrate</b> 32g	<b>12%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 33g	
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Vitamin D 0mcg	0%
Calcium 64mg	4%
Iron 3mg	15%
Potassium 372mg	8%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# COST BREAKDOWN

## BRUSCHETTA CHICKEN PASTA

SHOPPING LIST	COST	COST PER SERVING
• 1 box whole wheat penne pasta	\$1.43	\$0.24
• 1.5lb chicken tenderloins	\$5.21	\$0.87
• Garlic powder	\$1.00	\$0.17
• 2 tomatoes	\$1.64	\$0.27
• 1 bulb garlic	\$0.72	\$0.12
• 1 bunch fresh basil	\$1.98	\$0.33
• Parmesan cheese	\$2.98	\$0.50
<b>TOTAL</b>	<b>\$14.96*</b>	<b>\$2.49</b>

\*Based on 6 servings. Prices obtained from Walmart.com

Even purchasing every ingredient, this meal is less than \$3 per serving, but chances are you have some things already on hand like garlic powder and parmesan. Summer is the perfect time for this dish, when tomatoes are at their most ripe, delicious, and affordable.

If you are only cooking for 1 or 2, reduce the chicken but prepare all of the bruschetta sauce. You can use half in your pasta and half as a delicious snack served over toasted bread. It will keep in a sealed container in the fridge for 3-4 days.

