



Chicken & Bell Pepper Pasta

2 servings

15 minutes

Ingredients

2/3 cup Brown Rice Spaghetti (dry)
1/3 cup Water (reserved from cooking pasta)
1 1/3 tbsps Butter
2/3 Orange Bell Pepper (large, sliced)
5 1/3 ozs Extra Lean Ground Chicken
Sea Salt & Black Pepper (to taste)
2 2/3 tbsps Green Olives (pitted, halved)
2 2/3 tbsps Feta Cheese (crumbled)
2 2/3 tbsps Basil Leaves (chopped, plus more for garnish)

Directions

- 1 Cook the pasta to al dente according to the package directions. Reserve pasta water and drain.
- 2 Meanwhile, heat the butter in a large pan over medium-high heat. Add the peppers and sauté for two to three minutes or until softened. Add the chicken, breaking it up as it cooks. Cook for four to six minutes, or until cooked through. Season with salt and pepper.
- 3 Stir in the olives, feta, and basil. Add the pasta, stir to coat, and add some of the reserved pasta water, a little at a time, to reach your desired sauce consistency. Continue cooking until warmed through. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately 1 1/3 cups.

More Flavor: Add garlic and/or baby kale or spinach.