

Makes: 4 servings



Ingredients:

- ♥ 8 oz. whole wheat fusilli pasta
- ♥ 12 oz. chicken breast, boneless, skinless
- ♥ ½ lb. rainbow Swiss chard
- ♥ 6 oz. cannellini beans, drained and rinsed
- ♥ 4 oz. Roma tomato, diced
- ♥ 1 tsp. garlic
- ♥ 2 tsp. D'Avolio Extra Virgin Olive Oil
- ♥ 2 oz. red onion
- ♥ ¼ tsp. salt
- ♥ 1/8 tsp. black pepper
- ♥ 1 oz. basil
- ♥ ½ lemon
- ♥ ½ oz. parmesan cheese

PREPARATION:

1. Bring a large pot of water and a small amount of salt (optional) to a boil. Cook the fusilli pasta until al dente. Set the pasta aside.
2. In a skillet, over medium heat, add the extra virgin olive oil. Cook the chicken in the skillet, once cooked, remove from the pan and set aside.
3. Next add the garlic, red onion, Swiss chard, salt (optional), and pepper to the pan. Once that cooks for several minutes, add the cannellini beans and Roma tomatoes. Dice the chicken breast and add that to the pan as well
4. Add the pasta into the mixture, and then mix in the basil and lemon juice. Garish with grated parmesan cheese and serve.

Nutrition Facts	
Serving Size: 1 serving (308.1g)	
Servings: 4	
Amount Per Serving	
Calories 390	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 60mg	19%
Sodium 440mg	18%
Total Carbohydrate 52g	17%
Dietary Fiber 9g	34%
Sugars 3g	
Protein 30g	
Vitamin A 80%	• Vitamin C 50%
Calcium 10%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet.	



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