



2 Servings



mediterranean chicken with artichokes & penne pasta (low carb)

Ingredients

chicken breast, boneless skinless	6 oz
olive oil	1 Tbsp
lemon juice	1 fl. oz.
garlic	1/2 clove
penne pasta, low-carb	4 oz
parmesan cheese, shredded	2 Tbsp
artichoke hearts	1 Cup(s)

Nutrition Totals

Calories 809 / **Carbs** 72 g / **Protein** 71 g / **Fat** 24 g / **Fluid** 5.41 fl oz

Instructions

CHICKEN

Crush garlic clove.

Place garlic and remaining ingredients in large resealable bag. Marinate in the refrigerator for 8-12 hours.

One hour before serving, preheat oven to 450 degrees.

Line a baking sheet with foil, and place chicken and marinade on pan.

Place pan in oven, then reduce heat to 325 degrees.

Bake for 35-45 minutes, or until chicken is cooked through and the juices run clear.

PASTA

Bring 4 quarts of water to a rolling boil, add salt to taste.

Pasta to boiling water. Stir gently.

Return to a boil. For authentic "al dente" pasta, boil uncovered, stirring occasionally for 8 minutes

Remove from heat & add chopped chicken, lemon, artichoke hearts and shaved parmesan



Nutrition Label

Mediterranean Chicken With Artichokes & Penne Pasta (Low Carb)

Amount Per Serving

Calories **404**

% Daily Value*

Total Fat 11.9g **18%**

Saturated Fat 2.4g **12%**

Trans Fat 0g

Cholesterol 58mg **19%**

Sodium 324.5mg **14%**

Total Carbohydrates 36g **12%**

Dietary Fiber 8.5g **34%**

Total Sugar 1.7g

Protein 35.3g

Vitamin D 2.7IU **0%**

Calcium 107mg **11%**

Iron 1mg **6%**

Potassium 305.9mg

* The % Daily Value (DV) 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.