

# Chicken & Zucchini Pasta Shells



## Ingredients

- 8-ounce uncooked pasta shells
- 1 tsp. olive oil
- ½ onion, chopped
- 3 cloves garlic, finely sliced
- 1 cup zucchini, halved lengthways & sliced
- ½ tsp. dried oregano
- ¼ tsp. Kosher salt
- ½ tsp freshly ground black pepper
- ¼ tsp. crushed red pepper flakes
- ¾ cup chicken broth
- ½ cup chopped cooked chicken
- 1 ounce diced roasted red peppers
- 2 Tbsp. light cream cheese
- ¼ cup chopped fresh basil leaves
- ¼ cup grated Parmesan cheese

Servings: 4

## Method

1. Bring a large pot of lightly salted water to a boil. Place pasta in the pot, cook for 8 to 10 minutes, until al dente, and drain.
2. Heat the olive oil in a skillet over medium heat, and cook the onion and garlic until tender. Mix in the zucchini, and season with oregano, salt and pepper, and red pepper. Cook 10 minutes, until tender.
3. Stir the chicken broth into the skillet, and heat for 2-3 minutes. Combine the chicken, roasted red peppers, and cream cheese. Continue cooking for 4 minutes. Serve over the cooked pasta, top with fresh basil and Parmesan cheese.

Calories 321; Fat 6.6 g; Sodium 739 mg.