

PESTO CRUSTED CHICKEN & PASTA



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Yields: 4 servings

Ingredients

- 1, 7-ounce package purchased refrigerated original pesto
- 1/2 c chopped walnuts
- 4 tbsp fresh lemon juice
- 1 tsp grated lemon peel
- 4 boneless, skinless, lean chicken breast halves
- 1 tbsp extra-virgin olive oil

Directions

1. Preheat oven to 425°F. Blend pesto, chopped walnuts, 2 tablespoons lemon juice, and grated lemon peel in processor just until combined.
2. Place chicken on deep or large rimmed baking sheet. Coat each chicken breast with pesto mixture. Drizzle lightly with oil. Bake chicken until fully cooked through, about 30 minutes.
3. Strain pan juices into small bowl, pressing on solids in strainer to extract as much liquid as possible.
4. Whisk in remaining 2 tablespoons lemon juice. Season sauce with salt and pepper and then spoon sauce over chicken.

Tip: Goes well with ½ cup of cooked whole wheat pasta.

Nutritional Information

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
4 oz breast	344	21 g	27 g	8.5 g	634 g

Carbohydrate Exchanges: 1/2