

Chicken & Lemon-Leek Pasta

Servings: 2

Adapted from Cooking Light October 2010

Ingredients

3 ounces uncooked spaghetti, fettuccine or linguine
2 (6-ounce) skinless, boneless chicken breasts
1/4 teaspoon salt, divided
1/8 teaspoon black pepper
1/8 cup all-purpose flour
1 tablespoon butter, divided
1 tablespoon minced garlic
1 leek, trimmed, cut in half lengthwise, and thinly sliced (1 1/2 cups)
1/4 cup fat-free, lower-sodium chicken broth
1 tablespoon lemon juice
1 tablespoon chopped fresh flat-leaf parsley

Preparation

- 1) Cook pasta according to package directions, omitting salt and fat. Drain; keep warm.
- 2) Place chicken between 2 sheets of heavy-duty plastic wrap; pound to an even thickness using a meat mallet or small heavy skillet. Sprinkle chicken with 1/8 teaspoon salt and pepper. Place flour in a shallow dish; dredge chicken in flour, shaking to remove excess.
- 3) Heat 1/2 tablespoon butter in a large nonstick skillet over medium-high heat. Add chicken; cook 3 minutes on each side or until done. Remove chicken from pan; keep warm.
- 4) Melt 1/2 tablespoon butter in skillet over medium-high heat. Add garlic, leek, and remaining 1/8 teaspoon salt; sauté 4 minutes. Add broth and juice; cook 2 minutes or until liquid is reduced by half.
- 5) Remove from heat, add pasta to leek mixture; toss well to combine. Serve chicken over pasta mixture; sprinkle with parsley.