

Italian Chicken with Vodka Sauce

Courtesy of Carole's Creations

Prep Time: 15 minutes

Cooking Time: 20-23 minutes

Serves: 4

CChints: Panko bread crumbs are Asian crumbs that are crunchy and add a wonderful texture to chicken or fish. They can be found with the Asian food in your market. It's important to cut your chicken into same size pieces so that they cook evenly and all pieces are done at the same time.



4 boneless, skinless chicken breasts cut into
1 inch wide strips
1/2 cup butter, melted
3/4 cup Panko bread crumbs
1/2 cup freshly grated Parmesan cheese
1-1/2 teaspoons dried thyme
1-1/2 teaspoons dried basil
1 teaspoon dried oregano
1/2 teaspoon garlic salt
1/2 teaspoon chili powder
Dash of pepper
4 servings of whole grain or whole wheat angel hair pasta
24 ounce jar of prepared Vodka Pasta Sauce

Oven Roasted Green Beans:
1 pound fresh green beans with the
ends trimmed
1 teaspoon extra-virgin olive oil
1/2 teaspoon garlic salt
1/2 teaspoon salt

Note: You can substitute green beans with asparagus or zucchini

Preheat oven to 400 degrees F and locate 2 cookie sheets. One pan is for the chicken and one for the green beans. Line the cookie sheet with a silicone mat or foil. Spray the foil only with nonstick cooking spray. Usually pasta takes 8-10 minutes to cook so you will want to start it after you have put the chicken in the oven.

Cut the butter into pieces and put into a shallow round microwave safe contain. Microwave on high for 15 seconds at a time until the butter is melted. If the butter starts to harden because it has cooled down, you can pop it back into the microwave for 8 seconds to soften.

Rinse and cut chicken into 1 inch strips. If a piece is unusually thick, you may want to cut it a little smaller so that it cooks at the same time as a thinner piece. Put on a plate and set aside.

In another shallow plate or bowl, combine the bread crumbs through pepper.

Take 1 piece of chicken at a time and dip it in the butter and shake off the excess. Then roll it in the bread crumbs on 1 side only and lay on the baking sheet. This will cut down on the fat and carbs counts for the chicken. Repeat this process until all the chicken is on the baking sheet.

Bake the chicken on the rack in the center of the oven for 20 minutes or until the chicken is done. Use this time to wash anything that came in contact with the raw chicken and start the pasta and green beans. Cook the pasta according to package directions and drain when done. Trim the ends off the green beans and put them into a mixing bowl. Add the oil and stir well. When they are coated with the oil add the other ingredients and toss to coat all beans. Pour out onto the 2nd baking sheet in a single layer. When the chicken has cooked 10 minutes you will want to add the beans to the oven on the rack under the chicken. Cook the beans for 10 minutes so they are done at the same time as the chicken.

Pour the sauce into a microwave safe container, partially covered and heat until warm, about 2 minutes or heat in a sauce pan on the stove until warm. This sauce tends to splatter when it gets hot so make sure that the pan is partially covered with a lid.

To serve, put pasta on plates with some sauce and top with chicken. Serve green beans on the side. Enjoy!