

Tuscan Chicken Linguini with Vodka Sauce

Linguini with Yellow Tomatoes, Chicken, Basil and Vodka Sauce

This pasta dish, is an absolute show stopper. Perfect for when you want to impress company, or want to prove that you truly CAN have some amazing freakin pasta dishes, in WW, that are insanely delicious yet healthy and low calorie.

Servings Info.:

Yield: 9 cups

Servings: 6

Serving Size: 1-1/2 cup

Point Values:**

1 serving = 3 points

2 servings = 7 points

Ingredients:

Pre-Made:

- 1 cup ball of pasta dough, made into Linguini noodles (*Recipe & instructions can be found in the low point pasta guide at www.theguiltfreegourmet.net*)
- 1-3/4 cups of MY Vodka sauce (*Recipe can be found in the sauce recipes link, at www.theguiltfreegourmet.net*)

Seasoned Chicken Breast:

- 1.5 lbs diced chicken breast
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1 tsp dried italian seasoning
- 1/2 tsp dried basil
- 1/2 tsp dried parsley
- 1/2 tsp salt
- 1/4 tsp black pepper
- 2 Tbsp red wine vinegar
- 1 Tbsp chicken granules (Knorr brand, or any that gives 1tbsp for 0 points. If not, use 2 tsp, but keep it at 0 points)
- 2 Tbsp plain fat free Greek yogurt

Additional Ingredients:

- 10.5 oz. container, baby yellow tomatoes
- 1/2 cup fresh basil, chopped

**** Add additional veggies if desired**

Directions:

1. Ahead of time, prepare a 1 cup pasta dough ball, per the instructions in my low point pasta guide. Make it into Linguini noodles as directed. Store in a ziplock bag in the fridge. Likewise, prepare a batch of my Vodka sauce, set aside. Mix all of the chicken ingredients in a bowl. Cover and set aside.



2. Heat a LARGE pan, big enough to eventually hold all of the finished pasta, over med-high heat. Once the pan is hot, spray with olive oil cooking spray and add the yellow tomatoes. Do not stir. Let them sit for 2-3 minutes so that they begin to slightly char on one side, then stir the pan. Repeat the process 2 more times, then pour the tomatoes into a dish and set aside. Return the pan to medium heat.



3. Add the seasoned, diced chicken breast to the hot pan. Cook 5-6 minutes or until the chicken is cooked through and no longer pink.



4. Pour the prepared Vodka sauce on the chicken and mix. Add the linguini noodles to the pan and then use 2 silicon or wooden cooking spoons to gently fold the noodles into the chicken and vodka sauce mixture.



5. Turn off heat. Add the cooked yellow tomatoes and fresh chopped basil to the pasta.



6. Gently mix the pasta until thoroughly combined. Serve on a large platter, or plate individual servings. Top with additional chopped basil, if desired.



Notes:

- This recipe makes a LARGE amount of pasta, enough to feed a family, as either a main dish or an awesome side. It piles high on a large 18" x 12" serving platter.
- Each serving is just shy of a 3/4 pound portion.
- You can definitely add more vegetables to this dish than I did, which will add bulk, increase servings, and possibly reduce the points per serving accordingly.
- If you're allergic to tomatoes, you might be able to make my Vodka sauce, by using the base of my Roasted Red Pepper Marinara sauce, that is also a free download in the "Sauce Recipes" link of my website, in place of the canned, crushed tomatoes in the Vodka sauce recipe. You could also replace the yellow tomatoes with a different vegetable, like zucchini, onions, mushrooms, etc.
- If you are allergic to dairy, you can replace the Greek yogurt in the chicken seasoning, with soft (silken) Tofu.
- Always be sure to check and adjust points when modifying recipes.