

Linguini with Chicken Tomatoes & Basil

Fresh Linguini with a quick, simple and delicious marinara 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 low in calories and low in points.

Servings Info.:

Yield: 9 cups

Servings: 6

Serving Size: 1-1/2 cup

Points:

	G	B	P	★
1 serving =	4	2	2	(0)
2 servings =	8	4	4	(0)
3 servings =	12	7	7	(0)
4 servings =	16	9	9	(0)

★ = Purple Plan points using non-white flour, to make my fresh pasta recipe.
- Points for the 2 eggs in the fresh pasta, were taken into account for Green Plan points.

Ingredients:

Pre-Made:

- 1 cup ball of pasta dough, made into linguini noodles. *Recipe & instructions can be found in "The Guilt Free Gourmet: Cookbook Volume 1", pg 40.*
- 2 cups of my "10 minute marinara" sauce. *Recipe in "The Guilt Free Gourmet: Cookbook Volume 1", pg 81.*

Seasoned Chicken Breast:

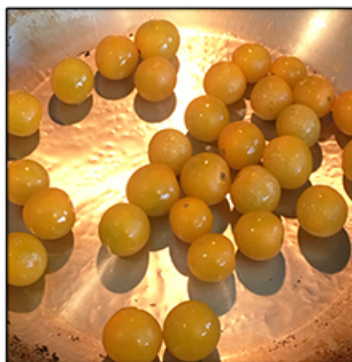
- 1.5 lbs diced chicken breast
- 2 medium cloves garlic, crushed & minced
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1 tsp dried italian seasoning
- 1/2 tsp dried basil
- 1/2 tsp dried parsley
- 1/2 tsp salt
- 1/4 tsp black pepper
- 2 Tbsp red wine vinegar

Additional Ingredients:

- 10.5 oz. container, baby yellow tomatoes
 - 1/2 cup fresh basil, chopped, plus additional for garnish.
- ** Add additional veggies if desired, for added flavor OR bulk.**

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. Boil the noodles for 3 minutes, then drain. Store in a ziplock bag in the fridge. Likewise, prepare a batch of my easy "10 minute marinara" sauce, 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. Mix all of the "seasoned chicken breast" ingredients together, in a mixing bowl and allow to marinate for 20 minutes. Add the seasoned chicken to a hot pan. Cook 5-6 minutes or until the chicken is cooked through and is no longer pink.



4. Pour the marinara sauce onto the chicken and mix. Once the sauce begins to bubble, turn off the heat. 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 sauce.



5. Add the seared 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 for guests. Garnish additional chopped basil.



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 marinara sauce, by using the base of my Roasted Red Pepper Marinara sauce (recipe on page 78, in my Cookbook: Volume 1). You could also replace the yellow tomatoes with a different vegetable, like zucchini, onions, mushrooms, etc.
- If you are on the purple plan, you can make my fresh pasta recipe, using non-white flour, to make 0 point fresh pasta.
- Feel free to use WHATEVER marinara sauce that you want for this dish, you don't have to use mine. I understand the food snobbiness that people have with their marinara sauce... though it's not as bad as with Cannoli. 😊