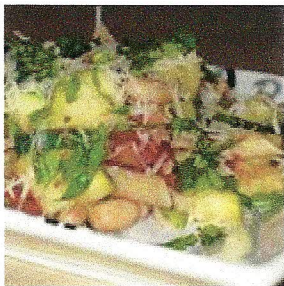


Zucchini Pasta II



Rated: ★★★★★

Submitted By: njmom

Photo By: Fit&Healthy Mom

Prep Time: 15
Minutes

Cook Time: 20
Minutes

Ready In: 35
Minutes

Servings: 4

"A thick sauce packed with zucchini and chicken is the perfect topping for a delicious summer pasta dish!"

INGREDIENTS:

- | | |
|---|------------------------------------|
| 1 (8 ounce) package uncooked pasta shells | pepper flakes |
| 1 teaspoon olive oil | 3/4 cup chicken broth |
| 1/2 onion, chopped | 1/2 cup chopped cooked chicken |
| 3 cloves garlic, sliced | 1 ounce diced roasted red peppers |
| 1 zucchini, chopped | 2 tablespoons light cream cheese |
| 1/2 teaspoon dried oregano | 1/4 cup chopped fresh basil leaves |
| salt and freshly ground black pepper to taste | 1/4 cup grated Parmesan cheese |

DIRECTIONS:

1. Bring a large pot of lightly salted water to a boil. Place pasta shells in the pot, cook for 8 to 10 minutes, until al dente, and drain.
2. Heat the olive oil in a skillet over medium heat, and cook the onion and garlic until tender. Mix in the zucchini, and season with oregano, salt and pepper, and red pepper. Cook 10 minutes, until tender.
3. Stir the chicken broth into the skillet, and cook 5 minutes, until heated through. Mix in the chicken, roasted red peppers, and cream cheese, and continue cooking 5 minutes. Serve over the cooked

DIRECTIONS: *(continued)*

pasta, and top with fresh basil and Parmesan cheese.