



SERVING UP

Savings!

weis

SERVES 4 for \$3
PER SERVING

Pasta Primavera with Chicken

KEY INGREDIENT SHOPPING LIST

- 1 package Perdue® Boneless & Skinless Chicken Breasts.....\$2.99
- 1 (12-ounce) box Weis Quality Whole Wheat Rotini Pasta\$1.29
- 1 (16-ounce) package Weis Quality Frozen Broccoli Florets93¢
- 1 (8-ounce) package Weis Quality Frozen Mixed Pepper Strips79¢
- 1 (12-ounce) bottle Weis Quality Balsamic Vinaigrette\$1.05
- 1 bunch fresh parsley\$1.00
- 1 (8-ounce) package Weis Quality Grated Parmesan Cheese.....\$1.63

PRICES EFFECTIVE 6-4-09 THROUGH 6-10-09

- 4 Perdue® Boneless & Skinless Chicken Breasts
- 2 cups Weis Quality Whole Wheat Rotini Pasta
- 1/2 package Weis Quality Broccoli Florets
- 1 package Weis Quality Mixed Pepper Strips
- 1/2 cup Weis Quality Balsamic Vinaigrette
- 1 tablespoon fresh chopped parsley
- 1 (8-ounce) package Weis Quality Grated Parmesan Cheese

INSTRUCTIONS:

Preheat oven to 375°F. Spray a baking sheet with olive or canola oil cooking spray. Place chicken breasts on baking sheet and bake for approximately 15 minutes until a thermometer inserted into the center of a chicken breast reads 170 °F.

Meanwhile, cook pasta according to package directions. Place frozen vegetables in colander. Drain pasta over vegetables to thaw. Return pasta and vegetables to pot. Add in vinaigrette and chopped parsley; salt and pepper to taste. Toss until blended.

Divide pasta among 4 plates and top each with a chicken breast. Sprinkle with grated parmesan cheese if desired.

Total prep time: 20 minutes

Recipe and photo courtesy of Perdue®.

