

# Cain's Corner

MARY ALICE CAIN, M.S., R.D., L.D.

Nutrition Tips from USAPEEC's  
Registered Dietitian



## lemony chicken pasta

This recipe is hearty yet light, and filling without weighing you down. Chicken thighs add great flavor to this dish, but ground turkey would also work well here. Mushrooms, which contribute B vitamins and other important minerals, "beef up" this pasta while keeping the calories down.

10 ounces whole grain pasta  
2 tablespoons olive oil  
5 cloves garlic, chopped  
1 shallot, chopped  
10 ounces mushrooms, sliced (your choice!)  
1 lb chicken thighs, cut into 1 in. pieces (or sub ground turkey)  
1 teaspoon red pepper flakes  
1 bunch parsley, chopped  
1 lemon, zested and juiced  
1/3 cup walnuts, chopped  
1/2 cup shredded Italian mix cheese  
salt & pepper, to taste

- 1) Bring a large pot of water to a boil. Cook pasta, drain, set aside.
- 2) Toast walnuts in 350 degree oven until fragrant.
- 3) Heat olive oil over medium-high heat in large skillet. Add the garlic, shallots and mushrooms and sauté for 6-7 minutes until tender. Add the chicken (or turkey) and sauté until fully cooked - about 10 minutes more. Season with salt, pepper and red pepper flakes.
- 4) Once chicken is fully cooked, add the drained pasta, lemon zest, lemon juice and parsley. Toss all together, then sprinkle cheese and walnuts on top.

