Chicken Puttanesca
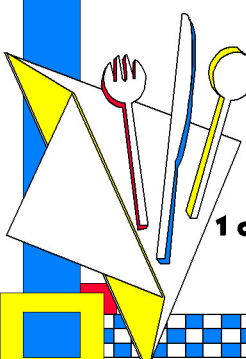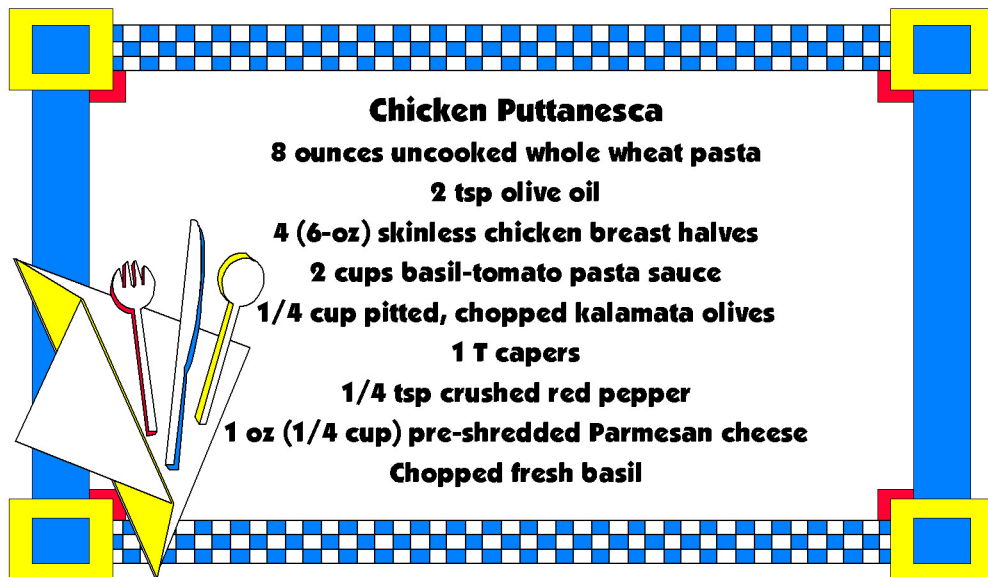
8 ounces uncooked whole wheat pasta

2 tsp olive oil

4 (6-oz) skinless chicken breast halves

2 cups basil-tomato pasta sauce

1/4 cup pitted, chopped kalamata olives

1 T capers

1/4 tsp crushed red pepper

1 oz (1/4 cup) pre-shredded Parmesan cheese

Chopped fresh basil

Cooking Directions

1. Cook pasta according to package directions, omitting salt and fat. Drain and keep warm.
2. Heat oil in large nonstick skillet over medium-high heat. Cut chicken into 1-inch pieces. Add chicken to pan. Cook chicken 5 minutes or until lightly browned.
3. Stir in pasta sauce, olives, capers, and pepper; bring to a simmer.
4. Cook 5 minutes or until chicken is done.
5. Arrange 1 cup pasta on each plate; top with 1.5 cups of chicken mixture.
6. Sprinkle each serving with 1 T cheese
7. Garnish with chopped basil.
   Yields 4 servings: 530 calories, 12 grams fat, 51 grams protein, 55 grams carbs, 104 mg chol & about 720 mg sodium.