

Italian Chicken with Sun-dried Tomatoes

8 oz dry Dreamfield™ low carb pasta

1/4 cup butter

1-2 cloves garlic, minced

1/2 (10.75 ounce) can condensed cream of chicken soup, fat free

1/4 cup skim milk

1 tablespoon dried parsley

1/4 teaspoon salt

1/8 teaspoon ground black pepper

1 pound boneless, skinless chicken breast, cooked, cut into bite-size pieces

2 tablespoons sun-dried tomatoes, rehydrated in water

2 tablespoons grated Romano cheese

Melt butter in a saucepan; add minced garlic and cook until garlic browns. Stir in chicken soup and milk and stir until smooth. Add parsley, salt and pepper; simmer for 3 minutes. Add chicken and sun-dried tomatoes; simmer for 7 minutes.

Cook pasta, drain. To serve, place pasta on plate, top with chicken mixture. Garnish with additional grated Romano cheese if desired. Makes 6 smaller servings.

Nutrition information per serving: 313 calories, 22 grams protein, 10 grams fat, 0 grams carbohydrate, 318 mg sodium.