

## Feta Chicken Pasta

### Ingredients:

2 cups uncooked rotini pasta

cooking spray

2 (6oz) packages grilled chicken breast strips

1 cup vertically sliced red onion

1/4 cup sliced ripe olives

1/2 tsp freshly ground black pepper

1/8 tsp salt

3.5 oz package reduced fat crumbled feta cheese with basil and sundried tomatoes (or plain and add cherry tomatoes and fresh basil)

Directions: Cook pasta. While pasta cooks, place a large nonstick skillet coated with cooking spray over medium high heat. Add chicken strips and onion, saute 3-4 minutes or until chicken is lightly browned and onion is tender. Place cooked pasta in large bowl, add chicken mixture, olives, and remaining ingredients. Toss well.

Makes 4 servings (1 1/3 cup each) @ 6 Points, 8 points plus

