

Chicken pesto pasta

a quick solution for a hearty meal—serve with salad or seasonal vegetables

Serves: 4

ingredients:

1 tsp olive oil
3/4 lb boneless, skinless chicken
cut into chunks
1 large tomato, chopped
1-2 tbsp prepared pesto or ranch
dressing mix
1 c plain, nonfat Zoi Greek yogurt
1/4 c grated Parmesan cheese

4 c cooked penne pasta

preparation:

Heat oil in a large non-stick skillet over medium heat, add chicken and saute until golden brown. Add tomato, heat through and remove skillet from heat.

In a small bowl, stir pesto or ranch dressing mix into yogurt to make the sauce. Add sauce and cooked penne pasta to the skillet with the chicken; stir to blend. Carefully heat until warmed through but not bubbling.

Top with parmesan and serve.

The logo for ZOI Greek Yogurt features the word "ZOI" in a large, blue, serif font with a small "TM" trademark symbol to the upper right of the "I". Below "ZOI", the words "GREEK YOGURT" are written in a smaller, blue, sans-serif font.