

Greek chicken or turkey-veggie fettucine

an aromatic pasta dish that tastes as good as it smells—serve it with green or greek salad

Serves: 4

ingredients:

1/4 c olive oil
1/2 c lemon juice
2 tsp crushed dried oregano
1/2 tsp cinnamon
1 lb boneless, skinless turkey or chicken breast, cubed
4 1/2 c diced vegetables (any combination of peppers, broccoli, zucchini, onion, carrots, spinach, tomatoes)
4 c cooked fettucine noodles
1/2 c plain, nonfat Zoi Greek yogurt
1/4 c Parmesan cheese

preparation:

Combine oil, lemon juice, oregano and cinnamon. Pour over meat and marinate 10 minutes. Drain and reserve the marinade.

Heat a large non-stick skillet over medium heat. Add turkey or chicken, and saute until lightly browned. Add vegetables and cook until just tender, about 3-5 minutes. Pour in reserved marinade and simmer for 2-3 minutes. Remove from heat and stir in yogurt and parmesan cheese.

Divide the pasta into 4 pasta bowls and spoon the sauce mixture over the pasta. Sprinkle with more parmesan if desired.

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