



## Chicken Pasta Caprese

**Prep: 25 minutes**

**Grill: 10 minutes • Serves: 2**

- 1½ cups medium shell pasta (about ¼ pound)
- 2 garlic cloves, minced
- 1 tablespoon balsamic vinegar
- 2 teaspoons extra virgin olive oil
- ¾ teaspoon salt
- ¾ teaspoon ground black pepper
- ½ (8-ounce) package fresh mozzarella cheese, pearls or ball cut into ½-inch pieces
- 2 boneless, skinless chicken breasts (about ¾ pound)
- Nonstick cooking spray
- 1 cup halved tomatoes
- ¼ cup thinly sliced fresh basil leaves (about 6 leaves)

**1.** Prepare outdoor grill for direct grilling over medium-high heat.

**2.** Meanwhile, in medium saucepan, cook pasta as label directs; drain. In large bowl, with whisk, stir garlic, vinegar, oil, and ½ teaspoon each salt and pepper; add cheese and toss to combine; let stand at room temperature.

**3.** Sprinkle chicken with remaining ¼ teaspoon each salt and pepper; spray both sides with cooking spray. Place chicken on hot grill rack; cover and cook 10 to 12 minutes or until chicken loses its pink color throughout and internal temperature reaches 165°, turning once halfway through cooking. Transfer chicken to cutting board and loosely cover with aluminum foil; let stand 5 minutes.

**4.** Cut chicken into 1-inch pieces. To serve, add tomatoes, basil, pasta and chicken to cheese mixture; toss until well combined.

*Approximate nutritional values per serving:  
550 Calories, 18g Fat (7g Saturated),  
121mg Cholesterol, 613mg Sodium,  
47g Carbohydrates, 3g Fiber, 45g protein*

### Chef Tip

*This dish can be prepared, covered and refrigerated up to 1 day before serving.*

### Dietitian's Dish

> Looking for a side salad for the summer picnic? Skip the grilled chicken and swap for a high protein or high fiber pasta instead.