



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 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

Helpful tip:

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