

Penne with Roasted Chicken & Radicchio



6 Servings Prep: 30 minutes

- 1 pound whole-wheat penne
- 1 head radicchio, torn into 1-inch pieces
- ½ cup freshly grated Parmesan cheese, divided
- 1 2-pound roasted chicken, meat removed from bones (shredded = 4 cups)
- ¼ cup balsamic vinegar
- Freshly ground pepper
- ¼ cup chopped walnuts

1. Cook pasta until tender (8 to 10 minutes)
2. Drain pasta, reserving ¼ cup cooking liquid. Place radicchio and the reserved liquid in the pot and cook on medium heat, stirring until wilted (2 to 3 minutes).
3. Stir in the pasta, 2 Tbsp Parmesan, oil, chicken, vinegar and pepper and continue cooking until cheese starts to melt (1 to 2 minutes).
4. Serve garnished with walnuts and remaining cheese.

Per serving: 463 cal., 12g fat (3g sat. fat), 60mg chol., 223mg sodium, 60g carb., 7g fiber, 30g protein

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