



# BOD BY TODD

## Fitness Coaching

*"Don't Be Average, Be Fit"*

### NUTRITION PER SERVING:

<b>CALORIES</b>	421
<b>PROTEIN</b>	36 G
<b>CARBOHYDRATE</b>	49 G
<b>TOTAL FAT</b>	10 G

<b>PREP TIME:</b>	15 MINUTES
<b>COOK TIME:</b>	15 MINUTES

<b>YIELD:</b>	4 SERVINGS
<b>SERVING SIZE:</b>	1 C PASTA, 1 C SAUCE, 1½ TBSP FETA

<b>2 C</b>	DRY WHOLE-WHEAT BOWTIE PASTA (FARFALLE) (8 OZ)
<b>1 TBSP</b>	OLIVE OIL
<b>1 TSP</b>	GARLIC, MINCED (ABOUT ½ CLOVE)
<b>8 OZ</b>	WHITE BUTTON MUSHROOMS, RINSED AND CUT INTO QUARTERS
<b>4 C</b>	COOKED BROCCOLI FLORETS (OR A 1-LB BAG FROZEN BROCCOLI, THAWED)
<b>1 C</b>	GRILLED BONELESS, SKINLESS CHICKEN BREAST, DICED (ABOUT 2 SMALL BREASTS) (LEFTOVER FRIENDLY)
<b>2 C</b>	LOW-SODIUM CHICKEN BROTH
<b>1</b>	MEDIUM LEMON, RINSED, FOR 1 TBSP ZEST
<b>1 TSP</b>	JUICE (USE A GRATER TO TAKE A THIN LAYER OF SKIN OFF THE LEMON; SQUEEZE JUICE AND SET ASIDE)
<b>2 OZ</b>	REDUCED-FAT FETA CHEESE, DICED



# BOWTIE PASTA WITH CHICKEN, BROCCOLI, AND FETA

THIS YUMMY DISH PROVIDES A TASTY WAY TO GET YOUR CHILDREN TO EAT BROCCOLI

- 01** In a 4-quart saucepan, bring 3 quarts of water to a boil over high heat.
- 02** Add pasta, and cook according to package directions. Drain.
- 03** Heat olive oil and garlic in a large sauté pan over medium heat. Cook until soft, but not browned (about 30 seconds).
- 04** Add mushrooms and heat until lightly browned and soft
- 05** Add broccoli, diced chicken, and chicken broth. Bring to a boil and simmer for about 3 minutes, until the broccoli and chicken are heated through.
- 06** Add pasta, and toss gently. Continue to simmer until pasta is hot, about 3–4 minutes.
- 07** Add lemon zest and juice, and toss gently.
- 08** Serve 2 cups of pasta and sauce per portion. Top each portion with 1½ table spoons feta cheese.



If your children do not like feta cheese, try serving with parmesan or mozzarella cheese on top.