

Nutrition information per serving: 257 cal., 12.4 g pro., 22.1 g carbo., 14.7 g fat, 183 mg chol., 4.8 g fiber, 149 mg sodium, 385 mg potassium. U.S. RDA: 27% protein, 12% vit. A, 19% vit. C, 13% thiamine, 12% riboflavin, 5% niacin, 6% calcium, 23% iron, 25% vit. E, 13% vit. B6, 14% folic acid, 7% vit. B12, 19% phosphorus, 11% magnesium, 11% zinc, 17% copper, 11% pantothenic acid.

MAIN DISH

# FETTUCCINI WITH CHICKEN AND LENTILS

- 1/4 cup AMERICAN LENTILS
- 1/2 teaspoon minced garlic
- 1-1/2 tablespoons margarine or butter, divided
- 1/2 teaspoon olive oil
- 3 tablespoons diced sweet red pepper
- 2 teaspoons sliced black ripe olives
- 1-1/4 cups cooked, diced chicken
- 1 cup chicken broth
- 1 teaspoon dry basil leaves
- 1/2 cup water
- 2 teaspoons cornstarch
- 10 ounces uncooked fettuccini, broken

Simmer lentils in enough water to cover just until done, 25 to 30 minutes. Drain and set aside. Saute' garlic in 1 tablespoon margarine and olive oil. Add peppers and olives and cook until peppers are tender. Add chicken, broth, 1/2 tablespoon margarine, basil and lentils, heat through. Combine cornstarch with 1/2 cup water. Stir into chicken mixture, bring to boil and cook 5 minutes until thickened.

Meanwhile, cook pasta; drain. Serve 1/3 cup lentils and sauce over 1 cup cooked pasta.

Makes 6 servings.

Nutrition information per serving: 169 cal., 13.6 g pro., 15.7 g carbo., 5.5 g fat, 37.5 mg chol., 1.4 g fiber, 193 mg sodium, 205 mg potassium. U.S. RDA: 30% protein, 7% vit. A, 11% vit. C, 8% thiamine, 6% riboflavin, 24% niacin, 2% calcium, 11% iron, 8% vit. E, 13% vit. B6, 3% folic acid, 4% vit. B12, 13% phosphorus, 6% magnesium, 7% zinc, 7% copper, 5% pantothenic acid.