



# 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.