Pasta Puttanesca
Makes 4 servings

Heat olives, garlic, jalapeno, anchovy, vinegar, Italian seasoning, salt, and chicken in a covered pan on medium-high heat for 3 minutes stirring every thirty seconds. Add tomatoes and pasta sauce, heat to a boil, reduce to a simmer and cover. Continue simmering for about 5 minutes. Add the zucchini and asparagus and simmer covered for an additional 5 minutes, remove cover and simmer until vegetables have reached desired doneness (5 more minutes for crisp vegetables). Turn off heat, melt butter in sauce, and serve over penne.

Nutrition information per serving (1/4 of recipe): 460 calories, 14g fat (4.5 g saturated fat), 25g protein, 57g carbohydrate, 400 mg sodium, 8g dietary fiber. Excellent source of vitamins A and C and Iron. Good source of calcium.