**INGREDIENTS**

8 oz Grilled Chicken  
1 qt Cooked Whole Grain Spaghetti  
1 Tbsp, 1 tsp Minced Garlic Cloves, Fresh  
2 cups Cherry Tomatoes, Fresh, Halved  
1/2 cup Water  
1/4 tsp Salt  
1/4 tsp Ground Black Pepper  
2 cups Green Swiss Chard  
1 cup Fresh Yellow Squash, Chopped  
2 cups Fresh Button Mushrooms, Quartered  
1/4 cup Fresh Oregano Bunch, Chopped  
1/2 tsp Crushed Red Pepper Flakes  
1 Tbsp, 1 tsp Canola Oil  
1/2 cup Basil and Walnut Pesto:  
1/3 oz Fresh Italian Parsley, Chopped  
1/2 oz Fresh Basil, Chopped  
1/2 oz Cheese, Parmesan, Grated  
1/2 ea Chopped Garlic Cloves, Fresh  
1/2 oz Walnut Halves & Pieces, Chopped  
1/4 cup, 1 1/2 tsp Canola Oil

**METHOD**

1. **For the pesto:** Chop the parsley (stems only) into small pieces. Chop all of the basil, including stems. Set aside. Pre-heat oven to 350F; toast walnuts and let cool. Place half of the oil and the parsley stems, basil, parmesan, garlic and the toasted walnuts into a blender. Blend to a paste consistency, stopping to scrape down the sides twice. Switch to a low speed and slowly add remaining oil. Cover and store any leftovers in the fridge.

2. When chopping the oregano and mushrooms, make sure to include the stems. In a hot sauté pan, drizzle 1 tsp olive oil. Add garlic, sauté for 30 seconds. Add mushrooms, sauté for 1 minute. Add yellow squash, sauté for 1 minute. Add cherry tomatoes, sauté for 1 minute. Add Swiss chard and oregano, sauté for 1 minute. Add grilled chicken, sauté until heated through.

3. Add water to deglaze. Add the crushed red pepper, salt and pepper. Mix in the cooked pasta and pesto, stir to mix and heat through.

**NUTRITION FACTS**

<table>
<thead>
<tr>
<th>CALORIES</th>
<th>TOTAL FAT</th>
<th>SAT FAT</th>
<th>TOTAL CARB</th>
<th>PROTEIN</th>
<th>DIETARY FIBER</th>
<th>SODIUM</th>
</tr>
</thead>
<tbody>
<tr>
<td>500</td>
<td>29g</td>
<td>3g</td>
<td>38g</td>
<td>27g</td>
<td>7g</td>
<td>330mg</td>
</tr>
</tbody>
</table>