

Roasted Red Pepper Penne

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-red-pepper-recipe>

Ingredients:

- 2 red peppers large
- 3 cloves garlic
- 1/3 cup Parmesan cheese
- 5 basil leaves torn
- 1/4 teaspoon black pepper
- 1/8 teaspoon salt
- 5 tablespoons olive oil I used a garlic-infused from Fustinis
- 2 cups whole wheat penne
- 1/2 yellow onion chopped
- 2 boneless skinless chicken breasts thin sliced
- pepper
- salt

Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 47 grams
3. Cholesterol: 45 milligrams
4. Fat: 21 grams
5. Fiber: 6 grams
6. Protein: 24 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 480 milligrams
9. Sugar: 3 grams

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