

Bowtie Pasta with Feta and Lemon Pepper Chicken

Yield: 7 min
Total Time: 25 min

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

Ingredients:

- 2 pounds boneless chicken breasts or tenders
- 1 pound bowtie pasta
- broccoli
- cauliflower
- carrots
- 8 ounces feta cheese
- lemon pepper
- 4 tablespoons butter
- 2 cups half-and-half warmed for a minute or two in the microwave

Nutrition:

1. Calories: 670 calories
2. Carbohydrate: 63 grams
3. Cholesterol: 155 milligrams
4. Fat: 28 grams
5. Fiber: 4 grams
6. Protein: 44 grams
7. SaturatedFat: 15 grams
8. Sodium: 610 milligrams
9. Sugar: 5 grams

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