

Featured Recipe at

*The Nest*

in Louisville Hall



- Cut Morningstar Chik'n Strips into bite-sized pieces.
- Heat 2 tsps oil in a large saucepan over medium-high heat. Add bell pepper and chicken; cook, stirring frequently, until the chicken begins to brown, 3 to 4 minutes.
- Add garlic and stir for 1 minute.
- Stir in broth and marjoram; bring to a boil over high heat.

- 1/2 cup diced red bell pepper
- 1 bag Morningstar Meal Starters, Chicken strips
- 1 large clove garlic, minced
- 5 cups reduced-sodium chicken broth
- 1 1/2 teaspoons dried marjoram
- 6 ounces baby spinach, coarsely chopped
- 1 15-ounce can cannellini beans or great northern beans, rinsed
- Pesto
- Olive oil

*The Nest* convenience store

located in Louisville Hall.

**basicpantry**

UofL Campus Health Services

UofL Living Services, by students



- Reduce heat and simmer, stirring occasionally, add spinach and beans to the pot and bring to a gentle boil. Cook for 5 minutes.

- Stir the pesto into the pot. Once warm, re-move and serve.

<b>Nutrition Facts</b>	
Serving Size 1 bowl	
Serving per Recipe 5	
Amount per Serving	
<b>Calories</b> 156	<b>Calories from Fat</b> 54.9
	% Daily Value
<b>Total Fat</b> 6.1g	9%
Saturated Fat 1.16g	5%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 1140.51mg	47%
<b>Total Carbohydrate</b> 17.14g	5%
Dietary Fiber 5.31g	21%
Sugars 0.71g	
<b>Protein</b> 8.7g	17%
Est. Percent Calories From:	
Fat	35%
Carbs	43%
Protein	22%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calories needs.	

**Tip:** Don't have time to cook this up on the stove? Head to Campus Health's website and click on the Basic Pantry tab to find out how to make it in the microwave!

[louisville.edu/healthpromotion](http://louisville.edu/healthpromotion)

