Chicken with Farfalle & Vegetables

| Ingredients: | | Directions: |
|---------------|---|---|
| 1 1/2 lbs. | boneless, skinless chicken breast, trimmed of visible fat & cut into bitesized pieces | Place chicken in 6 cups of water with bouillon, salt and pepper in a large stock pot. Bring to a boil. Add carrots, onions & celery. Reduce heat & simmer for 5 |
| 6 cups | water | |
| 2 packets | low sodium chicken bouillon | minutes. |
| 1/2 tsp. | salt | Add potatoes & mushrooms; cover & simmer 8 to 10 minutes, stirring occasionally, until potatoes are almost done. |
| 1/8 tsp. | ground pepper | |
| 1 cup | diced carrots (about 2 medium carrots) | _ done. |
| 3/4 cup | sliced Spanish onion | Add farfalle, cover, and simmer until al dente (about 10 to 12 minutes). Stir |
| 1/2 cup | sliced celery | occasionally. |
| 6 oz. | uncooked farfalle (bowtie) pasta (2 2/3 cups uncooked) | Mix flour with 1/4 cup of water to make a paste. Add to the pot and cook, stirring |
| 3 medium | red or white potatoes, unpeeled or peeled, cut in half lengthwise, then sliced 1/4" thick | constantly, until thick. stir in parsley. |
| 8 oz. | sliced fresh mushrooms (2 2/3 cups) | |
| 2 Tbsp. | allpurpose flour | |
| 1/4 cup | water | |
| 2 Tbsp. | chopped fresh parsley or 1 Tbsp. dried parsley flakes | |
| Yield: Approx | imately 11 cups (8 servings) | |

Nutrition Information: One serving contains 230 calories, 2 g. total fat, less than 1 g. saturated fat,41 mg. cholesterol, 186 mg. sodium, 3 g. fiber.