

Ginger-Soy Baked Chicken over Pasta

SERVES 4

Ingredients

FOR MARINADE

- 1 cup **olive oil**
- 2 tablespoons **low-sodium soy sauce**
- 1 teaspoon **garlic powder**
- ½ teaspoon **black pepper**
- 1 ½ teaspoons **ground ginger**
- 1.25-1.75 lbs **chicken thighs**









FOR VEGETABLES

- 1 16-ounce bag frozen bell pepper | **sliced**
OR 2 fresh bell peppers, sliced
- 1 small **onion** | **thinly sliced**
- 2 tablespoons **olive oil**
- Salt and pepper**

GRAINS

- 2 cups uncooked **whole wheat pasta**


EQUIPMENT

-  Cutting board
-  Vegetable peeler
-  Spatula or spoon
-  Measuring spoons
-  Knife
-  Baking sheet
-  Large bowl
-  Measuring cups

MIX IT UP AND MAKE IT YOUR OWN

- We chose to feature chicken thighs in this recipe, but this will also work well with boneless skinless chicken breast or chicken cutlets.
- If you are vegetarian, this marinade is also delicious with tofu. You can cube your tofu before adding it to the marinade. Then, let it rest for one hour. Then bake just as described in the recipe.
- Feel free to swap in different vegetables based on what you like and what is available to you. We suggest broccoli and cauliflower, green beans and carrots or snow peas. All would be great options!
- Add a little heat by putting a few pinches of red pepper flakes in your marinade.
- Top with sliced green onions for added brightness.

Directions

- 1 Mix the **oil, soy sauce, garlic powder, black pepper** and **ginger** in a large bowl. Add the **chicken thighs** to the bowl, cover and place it in the refrigerator for a minimum of half an hour and up to 24 hours to marinate.
 - 2 Preheat oven to 350 degrees.
 - 3 Prepare vegetables.
 - 4 Place **peppers and onions** on one half of the baking sheet and toss them with the **oil, black pepper** and a few pinches of **salt**.
 - 5 Place marinated chicken on the other half of the baking sheet.
-  Bake for 20 minutes or until the chicken reaches an internal temperature of 165 degrees.
- 6 While the chicken is baking, cook the pasta per box instructions.
 - 7 Serve a ¼ of the chicken and vegetables over ½ cup cooked pasta. Enjoy!
 - 8 Save leftovers in the refrigerator for up to three days OR place in Ziploc bags and freeze for up to one month.

NOTES

Nutrition Facts

1 serving per container
 Serving size
 1 each

Calories **480**
 per serving

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 21g	27%	Total Carbohydrate 38g	14%
Saturated Fat 4.5g	22%	Dietary Fiber 5g	18%
Trans Fat 0g		Total Sugars 2g	
Cholesterol 155mg	52%	Includes 0g Added Sugars	0%
Sodium 420mg	18%	Protein 37g	

Vitamin D 0.2mcg 0% • Calcium 40mg 2% • Iron 3.5mg 20%
 Potassium 600mg 15% • Phosphorus 450mg 35%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: CHICKEN, WHOLE WHEAT PENNE [WHOLE GRAIN DURUM WHEAT FLOUR], ONION, OLIVE OIL, REDUCED SODIUM SOY SAUCE [WATER, SOYBEANS, WHEAT, SALT, LACTIC ACID, SODIUM BENZOATE (PRESERVATIVE)], BLACK PEPPER, GARLIC POWDER, GINGER, BELL PEPPER

CONTAINS: WHEAT, EGGS, SOYBEANS