



## HIGH FIVE RECIPES

# Chicken and Tortellini in Pesto

**Serves 4. Prep time: 10 minutes total.**

### The High Five

1 pound frozen cheese tortellini  
1 cup frozen mixed vegetables  
8 ounces cooked chicken,  
chopped  
1 medium lemon, juiced and  
zested  
¼ cup pesto sauce

### Pantry and Kitchen Items

Salt and pepper

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### Preparation

Boil a large pot of water for the tortellini. Salt the water and add the tortellini and vegetables, and cook according to package directions, about 5 minutes. Drain well.

In the same pot, place the drained tortellini and vegetables, chicken, 2 teaspoons lemon zest, 1 teaspoon lemon juice and pesto sauce.

Toss to coat, and stir gently over medium heat just to warm. Salt and pepper to taste, serve hot.

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## Ingredient checklist

### PRODUCE

- Lemon

### GROCERY

- Pesto sauce

### MEAT/SEAFOOD

- Cooked chicken

### FROZEN

- Cheese tortellini
- Mixed vegetables

### SPICES/SEASONINGS

- Salt
  - Pepper
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## Serving suggestion

Try swapping out the frozen vegetables for a packet of frozen spinach. Just thaw and squeeze out the moisture from the spinach before adding to the cooked, drained pasta along with the pesto.

## Nutritional information per serving

510 calories	64 g. carbohydrate
15 g. fat	5 g. fiber
75 mg. cholesterol	30 g. protein
660 mg. sodium	

*The nutritional values and information provided are approximations.*

