

## Coq au Vin on Linguine

Serving size: 1 chicken breast with vegetables on ½ cup pasta

Serves: 6

### Ingredients:

1 pound linguine cooked al dente, drained and reserved  
1 tablespoon olive oil  
6 skinless, boneless chicken breasts  
3 cups small whole fresh mushrooms  
1 ½ cups thinly sliced carrots  
1 ½ cups Burgundy wine  
24 pearl onions, peeled  
1 ½ tablespoons chopped fresh parsley  
3 cloves garlic, minced  
1 teaspoon dried marjoram, crushed  
1 tablespoon fresh thyme, minced  
1/8 teaspoon ground black pepper  
1 ½ bay leaf  
2 ½ cups low sodium chicken broth, cooled  
3 tablespoons all-purpose flour

### Directions:

1. Heat the olive oil a large non-stick skillet. Sauté chicken over medium heat until lightly browned on both sides.
2. Add the mushrooms, carrot, wine, onions, parsley, garlic, marjoram, thyme, pepper and bay leaf. Bring to a boil, then reduce heat to low; cover and simmer for 25 minutes, or until chicken is cooked through and no longer pink inside.
3. Using a slotted spoon, transfer chicken, and vegetables to a platter, discarding bay leaf; cover to keep warm.
4. In a small bowl whisk together flour and broth. Add the mixture to the skillet and cook on medium until thick and bubbly, stirring frequently. Cook and stir 1 minute more and pour mixture over chicken and veggies.
5. Serve warm over al dente linguine.

### Exchanges per serving:

5 Meats, 1 Starch, 2 Vegetables

### Nutrients per serving:

Calories: 444

Calories from fat: 59

Total Fat: 7g

Cholesterol: 137mg

Sodium: 216 mg

Total Carbohydrate: 25g

Dietary Fiber: 4g

Protein: 61g