Chicken Feta Pasta

3 cups uncooked fusilli (short twisted spaghetti)
2 (6-ounce) skinless, boneless chicken breasts, halves, thinly sliced
1/8 teaspoon salt
1 teaspoon olive oil
2/3 cup vertically sliced red onion
1/4 cup sliced ripe olives
1 teaspoon chopped fresh oregano
1/4 teaspoon freshly ground black pepper
1 cup (4 ounces) crumbled feta cheese

1. Cook pasta according to package directions, omitting salt and fat.

2. Sprinkle chicken with salt. Heat oil in a large nonstick skillet over medium-high heat. Add chicken, sauté 2 minutes.

3. Add onion, cook 2 minutes, stirring frequently.

4. Stir in cooked pasta, olives, oregano, and pepper. Cook 2 minutes or until thoroughly heated.

5. Remove from heat, and stir in cheese.

Makes 6 servings (serving size: 1 cup).

Per serving: 282 calories, 5.6 gm total fat (incl. 2.5 gm saturated fat), 22 gm protein, 33.7 gm carbohydrates, 2.8 gm fiber, 43 mg cholesterol, 336 mg sodium, 2.5 mg iron, 97 mg calcium.

Source: *Cooking Light Magazine, Reader Recipes*

Comments: This cooks quickly and is really tasty. I often substitute sliced kalamata olives for the regular olives. Sometimes I use radiatore style pasta, which is twisted a little tighter than the fusilli. Usually I cut this recipe in half, which is 4 servings for us. I stir in the cheese only on the portion I serve initially, and I wait to stir the cheese into the left-over portion until after it has been reheated in the microwave.