

Fresh Pasta

Ingredients:

- 4 Large Tomatoes
- 2 Tablespoons of Chopped Garlic
- 5 Green Onions (chives)
- 2 Chicken Breasts or 2 Cans of White Meat Chicken
- 4 Tablespoons of Olive Oil
- Garlic Salt
- Cracked Pepper
- 4 Tablespoons of Butter
- 1 Cup of Chicken Broth
- 1 Jar of Capers
- 1 Jar of Marinated Artichoke Hearts
- Pasta – Two Boxes of Mini Bow Tie Pasta

Cooking:

Pasta – Boil water in a large pot. When water begins to boil pour in mini bow tie pasta and let boil for 7 minutes, stirring occasionally.

Cooking Process:

Protein Prep:

- If using 2 chicken breasts, then cook chicken at 375 for 50 minutes and set aside. Salt and pepper to taste. After cooking set aside to cool.
- Cut cooked into either cubes or small strips. Set cut chicken set aside.
- If using canned chicken, then open both cans and drain excess liquids and set aside.

Sauce Prep:

- Dice chives
- If using fresh garlic –shell and finely dice 3 garlic cloves
- If using bottled diced garlic – set aside 2 tablespoons of chopped garlic
- Dice tomatoes in a bowl capturing all juice

Cooking:

- Heat the pan to a medium heat and pour in Olive Oil
- Crack Black Pepper into the oil

- Pour in chives and garlic and sauté over medium heat for 2 minutes
- Add Chicken to the mix and sauté for an additional 2 minutes
- Pour diced tomatoes and juice into pan and heat at a medium-high heat for 10 minutes stirring occasionally. This process pulls the remaining juice from the tomatoes.
- Pour in the marinade from the artichoke hearts
- Add garlic salt to taste
- Pour in chicken broth and heat to a sub-boiling temperature
- Add butter and stir until butter melts into sauce
- Taste and add garlic salt and/or pepper to taste
- Drain cooked pasta and pour sauce over pasta
- Add capers
- Add artichoke hearts

Makes 5 large bowls of pasta with chicken and fresh sauce

Cooking time of chicken is 50 minutes

Cooking time of sauce is 20 minutes