

GRILLED CHICKEN AND BASIL PESTO PASTA WITH SUN DRIED TOMATOES

SERVINGS

4

INGREDIENTS

1 c. dried Pasta	5 c. basil
TO MAKE GLUTEN FREE, SUB GLUTEN FREE PASTA	½ c. shredded parmesan cheese
½ T. Olive Oil	½ c. extra virgin olive oil
1 T. garlic, minced	¼ c. toasted almonds
4 whole chicken breasts, cubed	2 t. freshly grated lemon zest
TO MAKE VEGETARIAN, SUB TOFU	¼ t. salt
1 T. sriracha	
¼ c. sun-dried tomatoes	

INSTRUCTIONS

1. Combine chicken with garlic and oil. Set aside to marinate.
 2. Bring a large pot of salted water to a boil.
 3. Add pasta and cook for 8 - 10 minutes or until just tender; drain
 4. Heat a large skillet over medium heat. Saute chicken and garlic mixture.
 5. Cook until chicken is golden brown and cooked through. Add tomatoes and sriracha. Set aside.
 6. In a food processor or blender, combine basil, parmesan cheese, olive oil, almonds and lemon zest. Puree.
 7. Combine chicken, veg, pasta and pesto in a pan and toss to combine. Heat slightly. Serve.
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