

Presto Pasta with Chicken

Courtesy of Carole's Creations

Prep Time: 12 minutes

Cooking Time: 15 minutes

Serves: 4

CChints: You can save a little time by using precooked chicken in this recipe. You can buy full cooked rotisserie chicken at most markets which will get you about 3-4 cups of meat. Use 2 cups for this recipe and 1-2 cups for another use. Prepared pesto sauce can be purchased in most markets in the produce or deli section. This recipe comes together and the garlic toast couldn't be quicker if you are using sliced bread. You can make garlic toast with a loaf of French bread or a Baguette, but it will take about 30 minutes.



2 tablespoons toasted pine nuts

3 boneless skinless chicken breasts, cut into bite size pieces

4 teaspoon olive oil, divided

Dash of salt and pepper

7 ounces of a multigrain or whole wheat pasta

Half of a medium yellow onion, diced

1 carrot, shredded

2 cups yellow squash, thinly sliced

1/2 cup prepared pesto sauce

1/4 cup grated parmesan cheese

Optional: Garlic toast and a side salad

Start with a large, dry nonstick skillet over medium heat. Add the pine nuts to the dry skillet and stir occasionally for 2-3 minutes until they just start to turn a golden color. Transfer them to a bowl and set aside until the end of the recipe.

Rinse and pat dry the chicken and cut off the excess fat. Add 2 teaspoons of oil to the same skillet and turn the heat to medium high. Add the chicken sprinkled with salt and pepper. Stir occasionally and let the chicken cook for 4 minutes. Turn the temperature down to medium and cook for an additional 2-4 minutes until it is done. Remove them from the pan and put in a covered container to keep it warm. Leave any juices from the chicken in the pan.

Cook the pasta according to package directions. The water will come to a boil much faster if you put a cover on the pan to hold the heat in. While that is cooking, start the rest of the dish.

Add the onions to the pan over medium heat. If there isn't enough juice from the chicken to keep the onions from sticking, add a little oil. As they soften they will release juices that will allow you to scrape the brown bits off the bottom of the pan. Add the carrots and squash and cook for 3-6 minutes until the squash is tender/crisp.

A really quick way to make garlic toast is to put wheat or multigrain bread in your toaster. Toast the bread and spread with butter as soon as they come out. Sprinkle lightly with garlic salt that has dry parsley in it for color.

Drain the pasta and add it to the skillet of chicken mixture. Add the pesto and toss well to coat everything. Transfer to a serving bowl and top with cheese and toasted pine nuts.