

## Recipe of the week

May 21, 2018



### Pesto pasta with chicken

The smell of pesto alone is enough reason to make this meal. Even better: it packs a healthy protein, is filling, and takes just three steps. We're sold.

#### Ingredients

- 1 (16 oz.) package bow tie pasta
- 1 teaspoon olive oil
- 1/3 cup oil-packed sun-dried tomatoes, cut into strips
- 1/2 cup pesto sauce
- 2 cloves garlic, minced
- 2 boneless, skinless chicken breasts cut into bite-size pieces
- Crush red pepper flakes to taste

#### Directions

1. Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8-10 minutes, then drain.
2. Heat oil in a large skillet over medium heat. Sauté garlic until tender, then stir in chicken. If you'd like, season with red pepper flakes. Cook chicken until golden.
3. Lastly, in a large bowl, combine pasta, chicken, tomatoes, and pesto. Toss to coat evenly and enjoy!

Recipe courtesy of All Recipes