

Bruschetta Chicken Pasta

Bruschetta Chicken Pasta

Serves 4, 8 FSP per serving

- 8 ounces Barilla Protein Plus Penne
- 1 lb boneless, skinless chicken breasts (cut into cubes)
- salt and pepper (to taste)
- 1 Tbsp olive oil
- 6 Roma tomatoes
- 10 fresh basil leaves (cut into thin strips)
- 4 cloves garlic (minced)
- 1/2 cup tomato sauce
- Balsamic Glaze (I buy commercially prepared)

1. Cook pasta according to package directions.
2. Season chicken with salt and pepper to taste
3. Spray a nonstick skillet with no stick cooking spray; add cubed chicken and cook for 8 minutes or until chicken is done. Set aside
4. Dice tomatoes and reserve the juice from the tomatoes in a small bowl
5. Combine tomatoes, tomato juices, basil and 1 tablespoon olive oil, salt, pepper and half the minced garlic; set aside.
6. Spray a heavy bottom saucepan with non stick cooking spray. Over medium-low heat, add remaining garlic and saute for about 20 seconds or until soft and tender – DO

NOT BURN the garlic

7. Add remaining garlic and saute for about 20 seconds or until soft and tender. Do not burn the garlic
8. Increase heat to medium high and stir in previously prepped tomato salad. Add tomato sauce to the pan and bring to a boil.
9. Add pasta to the pan and toss around until coated. Transfer pasta to a large bowl. Stir in chicken. When plated, drizzle with balsamic glaze. Top with parmesan if desired.