

Angel Hair Pasta with Chicken

SAMPLE



PREPARATION TIME

10 minutes



COOKING TIME

15 minutes



PERFECT PARTNER

green salad



Ounce for ounce, fresh Parmesan cheese is a better value—and tastes better—than the canned variety. Wrapped well, it will keep for several weeks in the refrigerator and 6 months in the freezer.

SHOPPING LIST

- chicken breasts • chicken broth
- carrot • frozen broccoli
- grated Parmesan cheese
- angel hair pasta

ON HAND

- olive oil • garlic • dried basil

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INGREDIENTS

- 2 tablespoons olive oil, divided
- 2 skinless, boneless chicken breast halves, cut into 1-inch cubes
- 1 carrot, sliced diagonally into 1/4-inch pieces
- 1 (10-ounce) package frozen broccoli florets, thawed
- 2 cloves garlic, minced
- 12 ounces angel hair pasta
- 2/3 cup chicken broth
- 1 teaspoon dried basil
- 1/4 cup grated Parmesan cheese

SERVES **4**

COOK'IN
Express

- Before cooking pasta, rub the sides of the pot with a little vegetable oil. This will prevent the water from boiling over in the pot.
- If you use garlic often, chop several heads of garlic at once. Place the chopped garlic in 1 tablespoon of olive oil in an airtight glass container. Store in the coldest part of the refrigerator for up to 2 weeks.

Make Ahead

Prepare chicken as recipe directs. Store in an airtight container in the refrigerator up to 2 days ahead. Simply reheat and serve over pasta.

♦ VARIATION

Substitute one 10-ounce package frozen peas for the frozen broccoli and 1 cup chopped cooked ham for the chicken.

1 Heat 1 tablespoon oil in a medium skillet over medium heat; add chicken. Cook, stirring, until chicken is cooked through, about 5 minutes. Remove from skillet and drain on paper towels.



2 Heat remaining oil in same skillet. Begin heating water for pasta. Add carrot to skillet; cook, stirring, for 4 minutes. Add broccoli and garlic to skillet; cook, stirring, for 2 minutes longer.

3 Cook pasta according to package directions. While pasta is cooking, add chicken broth, basil and Parmesan to skillet. Stir to combine. Return chicken to skillet. Reduce heat and simmer for 4 minutes.



4 Drain pasta. Place in a large serving bowl. Top with chicken and vegetable mixture. Serve immediately.