



Chicken Pesto Pasta with Cherry Tomatoes

Ingredients:

8 ounces uncooked pasta of choice
2 garlic cloves, peeled
3 cups fresh basil leaves
2 tablespoons pine nuts, toasted
1 tablespoon fresh lemon juice
1 teaspoon kosher salt
1 teaspoon freshly ground black pepper
1/4 cup extra-virgin olive oil
2 tablespoons balsamic vinegar
1 medium onion, cut into 1/2-inch slices
6-ounce skinless, boneless chicken tenders
1 cup cherry tomatoes
1.3 ounces finely grated Parmigiano

Preparation:

1. Cook pasta according to package directions and drain. Retain a small amount of pasta water to thin sauce if needed.
3. Place garlic, basil, lemon juice and zest, toasted pine nuts, salt, olive oil and spinach in a food processor or blender and pulse while streaming in the olive oil until the desired consistency.
4. Brush sliced onion and chicken tenders with balsamic. Sauté until 160 degrees internal temperature in chicken. Remove from pan and sauté onion and halved tomatoes until translucent.
5. Add pesto, tomatoes, chicken, and onion to pasta; toss well. Sprinkle with basil and desired cheese; toss gently and add reserved pasta water if consistency is no loose enough. Serve immediately.

Nutritional Information

Calories 391
Fat 14.7 g
Sattfat 2.8 g
Monofat 8 g
Polyfat 2.2 g
Protein 28.8 g
Carbohydrate 36.4 g
Fiber 3.3 g
Cholesterol 53 mg
Iron 3 mg
Sodium 412 mg
Calcium 137 mg

Roasted Eggplant pasta

Ingredients:

1/4 cup olive oil
1 onion, chopped
5 garlic cloves, minced
1 can fire roasted tomatoes diced
Salt and pepper to taste
2 small (3/4 pound) eggplant (not peeled)
4 garlic cloves, chopped
Salt and freshly ground black pepper
1 pound uncooked pasta of choice
2 cups cherry tomatoes
1/2 cup cheese of choice
1 cup basil

Preparation:

1. Preheat the oven to 425 degrees F.
2. Cut the eggplant into cubes and put them in a large bowl. Add the garlic, salt, and pepper and olive oil. Place mixture on a oiled cookie sheet and roast 20 minutes until the eggplant is tender.
3. Heat oil in a large saucepan over medium heat. Add the onion and garlic, stirring occasionally until the vegetables are translucent. Add the diced tomatoes and basil, season with salt and pepper. Cook until the sauce is reduced and thickened, about 10 minutes.
4. Cook pasta according to the box instructions and drain. Reserve a small amount of the pasta water to add to sauce to create more volume if needed. Bring the tomato sauce to a simmer and combine with drained pasta and stir to coat with the sauce. Fold in the eggplants and the cherry tomatoes if desired. Top with cheese and basil. Serve immediately.