

# Pesto Pasta with Chicken

Try this easy and delicious pasta recipe. You can serve with crusty bread and a salad for a quick lunch or dinner.

*Nutritional Info (per serving): 328 calories, carbs 43.3g, fat 10.1g, protein 17.4g*



*Photo by Leilani Angel on Unsplash*

## Ingredients (8 servings)

- 1 (16 ounce) package bow tie pasta
- 1 teaspoon olive oil
- 2 cloves garlic, minced
- 2 breast half, bone and skin removed (blank)s boneless skinless chicken breasts, cut into bite-size pieces
- crushed red pepper flakes to taste
- $\frac{1}{3}$  cup oil-packed sun-dried tomatoes, drained and cut into strips
- $\frac{1}{2}$  cup pesto sauce

## Method<sup>1</sup>

1. Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.
2. Heat oil in a large skillet over medium heat. Sauté garlic until tender, then stir in chicken. Season with red pepper flakes. Cook until chicken is golden and cooked through.
3. In a large bowl, combine pasta, chicken, sun-dried tomatoes and pesto. Toss to coat evenly.



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<sup>1</sup> Recipe from Kristin on all recipes