



Rigatoni and Cabbage

Ingredients:

1 chicken breast
salt and pepper for seasoning
1/2 lb rigatoni
2 oz extra virgin olive oil
1/2 head savoy cabbage
1 cup marinara sauce
2 cloves garlic, crushed
4 oz ricotta salata

Preparation:

Season chicken with salt and pepper and grill on both sides until white in the middle. Allow chicken to cool, and cut into cubes. Cook pasta until it is about 70% done and remove from boiling water. Meanwhile, in a pan heat up oil with cabbage and saute lightly for a few minutes. Then add in garlic and marinara and cook all together for an additional 5-7 minutes. Add in pasta and coat with sauce, then add chicken and serve hot.

(NOTE: Prep times can vary by equipment. Be sure to check that meat is fully cooked.)

