



Spring Pepper and Chicken Pasta

Ingredients:

1/2 lb penne pasta

1/2 yellow bell pepper, chopped

1/2 red bell pepper, chopped

1/2 orange bell pepper, chopped

1/2 green bell pepper, chopped

2 cloves spring garlic, chopped

6 oz extra virgin olive oil

6 oz chopped tomatoes

1 chicken breast, grilled and sliced

Salt and pepper.

Directions:

Cook pasta according to directions on package. Reserve 1 cup cooking water.

In a large pan, begin to heat oil with garlic. Once garlic begins to soften add bell peppers and sauté for 5 minutes. Add chicken and pasta water as needed. After a few minutes stir in pasta and tomatoes. Season with salt and pepper. Serve hot.

