

# Chicken Artichoke Pasta



This is definitely one of my favorite “guests are coming over” meals because the whole dish can be made ahead of time just before your guests arrive! The unique combination of flavors with the artichokes, black olives and chicken will really get those taste buds going. All you’ll need a nice crunchy salad and some good bread

to be all set to go....easy peasy!

## Ingredients List:

- 3-4 boneless chicken breasts
- Olive oil for browning
- Salt and pepper
- ¾ pound ziti
- 3 Tbsp. olive oil
- 1 cup canned artichoke hearts, drained, quartered
- 1 cup chopped tomatoes
- 1- 8 oz. can tomato sauce
- 1 tsp. basil leaves
- Salt and pepper
- ¼ cup sliced black olives
- ¼ cup grated Parmesan cheese

## Vegetarians:

Try using Barilla Plus multi-grain pasta with Omega 3 for both health and taste, as many organic products as you can, and skip the chicken completely. If you are trying to make this a vegan meal, use veggie topping to replace the Parmesan cheese.

## Instructions:

1 Cook the ziti or pasta of your choice according to the package directions. Drain and set aside.



2 While the pasta is boiling, cut the chicken breasts into bite sized pieces and cook it in a pan with olive oil until pieces are cooked through but not dry. Add salt and pepper to taste.

3 To make the sauce, heat the oil in a large skillet over medium heat. Add the artichokes and tomatoes and sauté for about one minute. Add the tomato sauce, salt and pepper. Reduce the heat and simmer for about 2 minutes.





4 Add the black olives....



...the chicken...



...and the pasta. Mix well and serve topped with Parmesan cheese.

This recipe should make about 4-6 servings. It does store nicely in the refrigerator for several days on the off chance there is any left over!

Shari

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