



Chicken and Pasta Primavera

- 2 Carrots
- 2 Medium Zucchini
- 2 Yellow Squash
- 1 Yellow Bell Pepper
- 1 Red Bell Pepper
- 1 Large Onion (thinly sliced)
- 1/4 Cup Olive Oil
- Salt and Pepper
- 1 TSP Dried Basil
- 1 TSP Dried Parsley
- 1 TSP Dried Thyme
- 2 Chicken Breasts (thinly sliced)
- 1 LB Bowtie Pasta
- 1/2 to 3/4 Cup Parmesan Cheese

Preheat Oven to 450.

Cut all veggies into 1/4 inch thin strips

Cook Pasta al Dente (save 1 cup of pasta water)

On sheet pan, place chicken strips and roast until done. Check after 10 minutes, if they are done remove from oven and tent to keep warm

On a sheet pan, place veggies, drizzle with olive oil and sprinkle with herbs, salt and pepper. Check after 10 minutes, stir and continue cooking until carrots are tender and veggies have started to brown. Total cooking time should be about 20 minutes.

Remove veggies from oven and add to cooked pasta, add chicken.

Add reserved pasta water.

Season to taste with salt and pepper.

Sprinkle with Parmesan cheese and serve immediately.

Makes 6-8 servings.