

## Pesto Pasta with Grilled Chicken

Recipe by: Chef Jonathan Poyourow, RD, LD

Yield: serves 4

### Ingredients:

1 pound high fiber pasta

#### For the chicken:

4 chicken breasts cut into 1/4" cubes

1 clove fresh garlic, chopped fine

2 tablespoons olive oil

Red pepper flakes, to taste

#### For the pesto sauce:

2 bunches fresh basil

2 cloves fresh garlic

¼ cup pine nuts

¼ cup olive oil

½ cup fresh parmesan cheese

### Method of preparation:

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. Combine the basil, garlic and pine nuts in a food processor and pulse until coarsely chopped. Add ½ of the amount of oil and pulse until you reach a smooth texture, adding the remainder of the oil.
4. Season with salt and pepper as needed.
5. In a large bowl, combine pasta, chicken, and pesto. Toss to coat evenly.
6. Mix in the cheese once ready to serve.