

Tuscan Garlic Chicken Pasta

Ingredients

6 clv Garlic (minced)
1/4 t Red Pepper Flakes
6 T Olive Oil
4 Chicken Breasts (boneless,
skinless)
1 lb Penne Pasta
5 oz Baby Arugula
1/2 c Basil
6 T Lemon Juice
1 c Parmesan Cheese (grated)
0 ds Salt
0 ds Ground Black Pepper

Instructions

1. Bring 4 quarts water to boil in a large pot. Meanwhile, combine garlic, pepper flakes, and oil in bowl and microwave until garlic is golden and fragrant, about 1 minute.

2. Pat chicken dry with paper towels and season with salt and pepper. Transfer 1 tablespoon oil from bowl with garlic mixture to large skillet and heat over medium-high heat until just smoking. Add chicken and cook until well browned and cooked through, about 5 minutes per side. Transfer to cutting board and tent with foil. Let rest 5 minutes, then slice thin and set aside.

3. Add pasta to boiling water and cook until al dente. Reserve 1/2 cup cooking water. Drain pasta and return to pot. Stir in sliced chicken, arugula, basil, lemon juice, Parmesan, and

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remaining garlic mixture, adding reserved pasta water as needed. Season with salt and pepper. Serve.