Tuscan Garlic Chicken Pasta

Ingredients

- 6 clv Garlic (minced)
- 1/4 t Red Pepper Flakes
- 6 T Olive Oil
- 4 Chicken Breasts (boneless, skinless)
- 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
- 1 lb Penne

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.