

Penne with Chicken-Artichoke Wine Sauce

Ingredients

12 oz Penne Pasta
2 T Olive Oil
1 1/2 lb Chicken Breasts (cut into bite-sized pieces)
8 clv Garlic (minced)
1/2 c White Wine
1 t Salt (plus 1 tablespoon)
1/2 t Black Pepper
1 t Garlic Powder
1 T Flour
2 cn Artichoke Hearts (14 ounces)
1 Shallot (sliced)
1/2 c Parmesan Cheese (grated)
1 t Dried Basil
1/2 c Parsley (chopped)

Instructions

1. In a medium bowl add chicken. Season with 1/2 teaspoon salt, 1/4 teaspoon black pepper, and garlic powder. Mix well then add the flour and mix to coat chicken. Set aside.

2. Heat 1 tablespoon oil in a large skillet over medium-high heat. Add chicken to pan; saute 2 minutes or until browned on one side then flip to the second side. Cook for another 3-5 minutes until chicken is cook through. Transfer to a plate.

3. Meanwhile, bring a medium pot to a boil on high heat then add 1 tablespoon of salt. Add pasta and cook for 3 minutes. Let the pasta sit in the water while you continue cooking.

4. Add another tablespoon of oil then turn on the heat to medium. Add garlic and shallots then saute

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for 1 minute. Add wine, 1/2 teaspoon salt, 1/4 teaspoon pepper, dried basil, and artichokes; simmer 5 minutes or until sauce is thickened.

5. Add cooked pasta and 1/2 cup of pasta water. Stir in the cheese and mix well then sprinkle the parsley on top and mix again. Serve immediately with extra cheese on the side.