

## Chicken with Bow Tie Pasta and Broccoli

Chef's are always fortunate with the eating habits of their children. While my son may have preferred boxed Macaroni and Cheese, he always finished his full serving with this low fat chicken pasta dish. Bow ties make a meal kid friendly and if that gets them to eat broccoli and mushrooms-, it is worth an extra box of fun shaped pasta.

### BOW TIE PASTA WITH CHICKEN

2 to 3 cloves minced garlic  
1/4 c. extra virgin olive oil  
1/2 to 3/4 lb. chicken breast, cut into strips  
1 1/2 to 2 c. broccoli (frozen can be used)  
3/4 c. fresh tomatoes-chopped  
1 cup sliced white button mushrooms  
Pinch red pepper flakes  
1/4 c. white wine-optional  
Salt and pepper to taste  
3/4 c. chicken broth  
1/2 lb. bow tie pasta  
2 tbsp. butter  
1/2 cup scallions, chopped

Sauté' garlic in oil, add chicken strips until white Add scallions as you finish the chicken tenders. Remove chicken and add 1 tablespoon butter to pan. Add mushrooms and sauté for approximately 3 minutes until tender. Add broccoli florets, red pepper, salt and black pepper to taste. Add sautéed chicken tenders and chicken stock. Cover, simmer 5 minutes. Mix. Add one Tablespoon butter to finish

Cook pasta as per package directions. Drain and add to above mixture and stir. Let it sit for 5 minutes before serving. Top with fresh grated parmesan cheese