

bow ties with chicken and dried-tomato pesto

Simple Every Day | January/February 2009



This dish is very flexible—stir in any cooked vegetables you might have on hand. Or add fresh broccoli florets or sliced carrots to the cooking water when you add the pasta. We sautéed sliced mushrooms and added with the pesto. Replace the chicken with shrimp or leave out the meat altogether. You can also use warmed broth or white wine instead of the pasta water.

START TO FINISH: 30 MINUTES

- 8 OZ. BOW-TIE PASTA
- 2 CUPS FROZEN PEAS AND/OR CHOPPED ROASTED RED PEPPERS
- 1/2 CUP OIL-PACKED DRIED TOMATOES, DRAINED
- 1/3 CUP OLIVE OIL
- 1/2 CUP SLIVERED ALMONDS
- 2 CLOVES GARLIC
- 1/4 TSP. EACH SALT AND BLACK PEPPER
- 1/4 CUP FRESHLY GRATED PARMESAN CHEESE
- 2 CUPS CHOPPED OR SHREDDED PURCHASED ROASTED CHICKEN OR COOKED CHICKEN
- 1/4 CUP FRESH BASIL, SNIPPED
- FRESHLY SHREDDED PARMESAN CHEESE (OPTIONAL)

Cook pasta in a large pot of salted water according to package directions, except add peas to pasta water for the last 2 minutes of cooking time, if using. Reserve ½ cup pasta water when draining pasta and peas. Place drained pasta and peas back into the pot.

Meanwhile, for dried-tomato pesto, in a food processor or blender, combine the drained dried tomatoes, olive oil, almonds, garlic, salt, and pepper. Cover and process until almost smooth. Add ¼ cup Parmesan cheese and blend until combined.

To the pasta (and peas if using) in the pan, add reserved ½ cup pasta water, dried-tomato pesto, roasted red pepper (if using), and chicken. Toss gently with snipped basil. If desired, serve with additional Parmesan cheese. **MAKES 6 SERVINGS.**

Per serving: 470 cal., 26 g fat (5 g sat. fat), 53 mg chol., 556 mg sodium, 40 g carbo., 5 g fiber, 22 g pro.