

CHICKEN, VEGETABLES & PEANUT BUTTER PASTA

INGREDIENTS

- 1 lb** Chicken breasts (boneless) (skinless)
- Smoked paprika (to taste)
- Garlic pepper (to taste)
- 8 oz** Spaghetti (whole wheat **OR** gluten-free pasta of your choice)
- Water
- Dash** Salt
- 3 C** Vegetable mix (small broccoli heads, red & yellow peppers slices **OR** your choice of veggies)

SAUCE INGREDIENTS

- 1/2 C** Peanut butter (smooth)
- 2 T** Tamari sauce (low sodium)
- 2 t** Garlic (minced)
- 1 1/2 t** Chili garlic sauce
- 1 t** Ginger (minced)



DIRECTIONS

- 1 Season the chicken breasts with garlic & smoked paprika then grill or poach them
- 2 Allow chicken to cool & cut into bite-size pieces **OR** shreds
- 3 Fill a 5 qt pot 3/4 full of water & a dash of salt & cook the pasta
- 4 When pasta is almost done, add the vegetables & cook (2 minutes) or just until the veggies get soft
- 5 Drain the pasta & vegetables but save 1 C of the liquid
- 6 Rinse the pasta & vegetables in cool water to stop the cooking process & drain again
- 7 In a bowl combine the peanut butter, tamari sauce, garlic, chile sauce & ginger
- 8 Whisk to combine then add the left over liquid & whisk to combine
- 9 Place the pasta & vegetables in a large serving bowl
- 10 Add the chicken & pour the sauce over the top
- 11 Mix to combine & serve hot

NOTES

- 1 Serves 4 to 6.
- 2 You could also refrigerate this dish for a few hours & serve cold
- 3 You could also eliminate the chicken & have a pareve pasta salad

