

CHICKEN, BROCCOLI & LEMON PASTA SALAD

INGREDIENTS

- 1 clove Garlic (minced)
- 4 T Extra virgin olive oil
- 2 T Lemon juice
- 2 T Chives (minced)

- 1 1/2 lb Broccoli (florets)
- 4 qts Water (if you boil the broccoli - otherwise not necessary)

- 16 oz Chicken (breast)
- 1 T Garlic olive oil
- 1 T Rosemary (minced)
- 1 T Sage (minced)
- 1 T Thyme (minced)
- Black pepper to taste

- 12 oz Whole wheat pasta **OR** gluten-free pasta of your choice
- 3 qts Water



DIRECTIONS

- 1 In a large serving bowl, whisk the garlic, olive oil, lemon juice & chives
- 2 Steam broccoli for 12 minutes **OR** boil in water for 3-5 minutes & then toss with oil & garlic mix
- 3 Season chicken with the garlic olive oil, herbs & pepper to your taste
- 4 Slice chicken into strips
- 5 Heat a large saucepan to medium heat & add the chicken & brown well on both sides
- 6 Add chicken to broccoli mix
- 7 Cook pasta according to directions on the package
- 8 Add to the chicken & broccoli mix tossing well with the sauce

