

Lemon Zest Tomato Basil Chicken Pasta

Serving 4-6

Ingredients Chicken:

- 4 Large boneless skinless chicken breasts (about 2 ½ lbs) Cut in halves or butterfly
- 1 TSP low sodium soy sauce
- 1tsp sea salt
- 1 table spoon crush red peppers or 1 teaspoon less spicy
- 1tsp black pepper
- 1tsp dry oregano
- 1 table spoon garlic power
- 2 Table spoon fresh lemon juice
- 1/3 cup water

Mix all ingredients in a bowl and marinate chicken for 2-3 hours

Mix ingredients together and marinate chicken 30min to 1hr (24hr if time permit)

Ingredients Sauce:

- 1 Head of Garlic (**extra finely chop**)
- 1 Large lemons (**Use a vegetable peeler and peel skin from one lemon and dice extra fine to use as zest use ½ teaspoon**)
- 1 Cup medium pack fresh basil (**about ¾ cup chop**)
- ½ Large finely chop red onion
- 1 Cup chop fine bell peppers (Red, yellow, orange and green)
- 2 Cup fresh cherry tomato halves
- 1tsp sea salt
- 1tsp black pepper
- 1tsp dry oregano
- 2 Table spoon fresh lemon juice
- 1lb vegetable penne pasta
- 3TBS extra virgin olive oil
- 3 cups of water
- 1 teaspoon crush red peppers.

Directions:

Grill chicken then cut into medallion size. Place bell peppers, onion, garlic, oregano and lemon zest in sauce pan with olive oil and sauté on low to medium temperature for 6 minutes add water as necessary to prevent burning. Add tomatoes salt and black pepper cook for another 3-5 minute add water as

necessary to make sufficient sauce for the pasta. The two table spoon of the lemon juice and chicken and cook for another 3 to 5 minutes.

Boil pasta until al dente for about 20 minutes then wash under cold water to remove the starch. Make a pot of boiling water and reheat for 3 minutes place on plate and top with sauce/chicken mix. **(Begin cooking pasta at same time as sauce)**