



Pasta Primavera by Toni

1 lb of your favorite pasta (I like bow tie), cooked al dente. Drain and reserve 1 cup of liquid.

2 chicken breasts, cut into thin strips

1 cup cherry tomatoes

1 yellow bell pepper, sliced

1 cup zucchini, thinly sliced

1 cup carrots, cut into matchsticks

1/2 medium onion, sliced

1 Tbsp grapeseed oil

1 clove garlic, minced

Fresh basil, torn into small pieces or dried basil to taste

Salt and pepper to taste

As you put the pasta in the pot, heat a large skillet over high heat. Put in oil, cook chicken, then add all the vegetables and stir. Cook for about 5 minutes. Add drained pasta then basil, salt, and pepper. Add enough reserved liquid to loosen up the pasta. Mix well and serve.

This is full of flavor, quick and easy, and has lots of color. You can change the vegetables to anything you like. I like this combination because of all the colors. Just make sure to use this quantity of vegetables because you want minimal pasta.

Recipe created by Toni, owner of Healthy Living.