

Baked Chicken and Pasta

(serves 4)

1 cup Strozzapreti, Gemelli or other small pasta
2 TBSP olive oil
1 Cup 1 inch cubed chicken breast
½ Cup diced onion
1 clove garlic, minced
1 14.5 oz. can diced tomatoes with juice
1 Cup shredded mozzarella cheese (or an “Italian mix”)
¼ Tsp. kosher salt
¼ Tsp freshly ground pepper
¼ Cup whole wheat or whole grain bread crumbs
¼ Cup grated Parmesan
1 TBSP butter

Preheat oven to 400

Bring a medium pot of salted water to a boil over high heat. Add the pasta and cook until just tender, stirring occasionally – about 5 minutes. Drain pasta into a large mixing bowl.

Meanwhile, put the olive oil in a medium sauté pan over medium heat. Add the chicken and cook for 3 minutes. Add the onions and garlic, stirring to combine, and cook until the onions are soft and the chicken is cooked through, about 5 minutes more. Put the chicken mixture into the bowl with the cooked pasta. Add the canned tomatoes, mozzarella cheese, salt and pepper. Stir to combine. Place the mixture in a buttered 8x8x2 inch baking dish. In a small bowl mix together the bread crumbs and the Parmesan cheese. Sprinkle over the top of the pasta mix. Dot the top with small bits of butter. Bake until the top is golden brown, about 30 minutes.