

Pasta: Penne With Chicken, Broccoli, And Sun Dried Tomatoes

YOU'LL NEED

Chicken tenders, 1 pound
Salt and black pepper
Unsalted butter, 4 tbsp.
Onion, minced, 1
Garlic cloves, minced, 6
Red pepper flakes, ¼ tsp.
Fresh thyme, minced, 2 tsp.
White wine, ½ cup
Chicken broth, 1 ½ cups
Cornstarch, 2 tsp., dissolved in water, 1 tsp.
Broccoli florets (12 ounces), 4 cups, fresh, not frozen
Penne, ½ pound, 2 ½ cups, whole wheat
Sun-dried tomatoes, oil-packed, rinsed and sliced thin, 1 cup
Asiago cheese, grated, 1 cup, plus extra for serving

Time Savers

1. Prep onion and garlic before cooking chicken.
2. While onion cooks, prep remaining ingredients.

DIRECTIONS

1. You'll need a large pot and 12 inch nonstick skillet.
2. In the pot, bring to boil 4 quarts water for cooking broccoli and pasta.
3. Season chicken with salt and pepper.
4. Melt 1 tbsp. butter in skillet over high heat until begins to brown.
5. Add chicken, spreading into single layer.
6. Cook chicken without stirring for 1 minute.
7. Stir chicken and cook an additional 2 minutes.
8. Transfer chicken to clean bowl and set aside.
9. Add another tbsp butter to skillet, melting over medium-high heat.
10. Add onion and ¼ tsp. salt.
11. Cook 5 minutes.
12. Stir in garlic and cook 30 seconds longer.
13. Stir in wine and cook 2 minutes.
14. Stir in chicken broth.
15. Stir in cornstarch mixture.
16. Simmer 2 minutes.
17. Remove skillet, cover, set aside.
18. To the boiling water in pot, put broccoli and 1 tbsp. salt.
19. Cook broccoli 2 minutes.
20. Line plate with paper towel and get out slotted spoon.
21. Transfer broccoli to paper towel lined plate and set aside.
22. Return water to boil.
23. Stir in penne.
24. Cook, stirring often for 7-10 minutes, until gummy, al dente.

25. Hold out ½ cup of the penne cooking water, drain penne then return penne to the pot.
26. Back to the skillet.
27. Into the sauce in the skillet, stir in 2 tbsp. butter, sun-dried tomatoes, 1 cup asiago cheese, and the chicken with all of its sauces.
28. Return sauce to simmer and cook 1 minute.
29. Stir chicken sauce mixture into penne.
30. Stir broccoli into penne.
31. Season to taste with salt and pepper.
32. Use the held out penne cooking water as needed to loosen up sauce.
33. Serve immediately.
34. Pass around the extra asiago.