

# Herb Garden Pasta with Pesto and Lemon-Grilled Chicken

*Gael & Mitch Lee*

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*1 1/2 cups mixed herbs,  
rinsed and woody stems  
removed  
1/2 teaspoon black  
peppercorns, crushed  
2 to 3 cloves garlic, peeled  
1/2 teaspoon salt  
7 tablespoons olive oil,  
divided  
juice of one lemon  
4 large boneless/ skinless  
chicken breast halves  
3 tablespoons nuts (pine  
nuts, walnuts, pecans)  
1 pound spaghetti or linguini*

Preheat the broiler or begin a fire for grilling the chicken breasts. Start water to boil for the pasta.

Grind the herbs in a food processor fitted with the metal blade. Add the pepper, garlic, and six tablespoons of olive oil. Process until well blended. Remove two tablespoons of the mixture to a plate.

Add the lemon juice to the plate, mixing it with the herb mixture.

Prick the chicken breasts with the fork so they will absorb plenty of flavor. Place them on the plate. Allow to marinate about 20 minutes, turning occasionally.

Add the nuts and cheese to the food processor. Process until the nuts are well ground.

Cook the pasta according to package directions. Drain. Place in a large serving bowl. Mix in the reserved one tablespoon of oil. Then mix in the pesto.

Broil the chicken about 4 to 5 minutes per side. Test for doneness. Slice the chicken into bite-size pieces. Place the chicken on top of the pasta. Serve.

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Per Serving (excluding unknown items): 1859 Calories; 148g Fat (72.3% calories from fat); 122g Protein; 6g Carbohydrate; 1g Dietary Fiber; 371mg Cholesterol; 1449mg Sodium. Exchanges: 0 Grain(Starch); 17 1/2 Lean Meat; 1/2 Vegetable; 19 Fat.