

# Pasta Con Broccoli and Chicken

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## **Servings: 4**

*2 cloves garlic, minced  
1/4 cup olive oil  
1/2 pound chicken breasts,  
cut in strips  
1 1/2 pounds broccoli florets  
3/4 cup oil-packed sun-  
dried tomatoes, drained and  
sliced  
1 teaspoon basil  
pinch red pepper flakes  
salt (to taste)  
pepper (to taste)  
1/4 cup white wine  
3/4 cup chicken broth  
1 tablespoon butter  
1/4 pound bow tie pasta,  
cooked  
Parmesan cheese (for  
garnish)*

Saute' the garlic in olive oil. Add the chicken strips. Saute' until the chicken is cooked.

Add the broccoli florets, sun dried tomatoes, basil, red pepper flakes, salt, pepper, white wine and chicken broth.

Add the butter. Cover. Simmer for 5 minutes. Add the cooked bow tie pasta to the chicken mixture. Stir to mix.

Garnish with grated Parmesan cheese, if desired.

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Per Serving (excluding unknown items): 293 Calories; 21g Fat (65.4% calories from fat); 16g Protein; 10g Carbohydrate; 5g Dietary Fiber; 37mg Cholesterol; 248mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 2 Vegetable; 3 1/2 Fat.