

One Pot Chicken Pasta

If zucchini are taking over the garden, here's a tasty way to use them up.

1 lb	ground chicken or boneless skinless chicken thighs
3 cloves	garlic, minced
1	onion, chopped
2 tsp	each dried oregano and basil
2 cups	diced zucchini
1 can	spicy tomato pasta sauce (700 ml size)
3 cups	milk
2 tbsp	balsamic vinegar
1 tsp	salt
1 tsp	pepper
1 tsp	hot pepper sauce (optional)
3 cups	whole wheat or brown rice macaroni
1 1/2 cups	shredded Italian blend or mozzarella cheese

If using chicken thighs, chop into bite size pieces. In a large pot over medium high heat, stir cook chicken, garlic, onion and herbs until chicken is no longer pink. Stir in zucchini, pasta sauce, milk, vinegar and pasta. Bring to a boil, scraping up any browned bits from the bottom of the pan. Reduce heat, cover and simmer, stirring occasionally to prevent sticking, for 18-20 minutes or until the pasta is tender. If the mixture is getting too thick, stir in up to 1/2 cup hot water.

Serve topped with shredded cheese, or stir cheese into pasta just before serving.

Tip: sun dried tomatoes are a nice addition to this recipe. Chop 4-6 halves and add them with the pasta sauce.

Serves 4



Courtesy of Manitoba Chicken Producers
www.chicken.mb.ca

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