

## One Pot Chicken Pasta

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

Chop thighs 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.

Serves 4-6

Based on Canada's Food Guide, 1/6 of the recipes provides approximately:

Vegetables & Fruits – 2 1/2 servings

Grains – 2 servings

Milk and Alternates – 3/4 serving

Meats & Alternates – 1 serving



Courtesy of Manitoba Chicken Producers

[www.chicken.mb.ca](http://www.chicken.mb.ca)

Manitoba Chicken Producers represents 143 farm families raising chickens that are free-run, grain-fed and free of added hormones. For more information on buying locally grown chicken, visit the Buying Guide at [www.chicken.mb.ca](http://www.chicken.mb.ca).