

Rotini with Chicken, Tomatoes and Feta (Serves 4)

As seen on the October 4 episode of Great Tastes of Manitoba (Saturdays at 6:30PM on CTV)

One of the simplest pasta dishes ever created

3	boneless skinless chicken breasts	3
3	cups whole wheat rotini	750 mL
5	Roma tomatoes, diced	5
1/4	red onion, minced	1/4
8	pitted black olives, sliced	8
2	Tbsp balsamic vinegar	30 mL
2	Tbsp chopped fresh basil	30 mL
4	oz Feta cheese	125 g
	Cracked black pepper	

Cut chicken into bite size pieces.

Put a large pot of water on to boil. Add rotini and cook for 9-10 minutes.

In a non-stick pan over medium high heat, stir cook chicken until nicely browned and no pink remains (about 7-10 minutes).

In a large bowl, mix tomatoes, onion, olives, vinegar and basil. Crumble Feta over top and stir in.

Drain pasta. Add pasta and chicken to bowl and mix well. Top with cracked black pepper to taste. Serve hot, or refrigerate and serve as a cold pasta salad.

- Try kamut or spelt pastas instead of whole wheat rotini. Kamut and spelt are higher in fibre and protein than wheat. Pastas made from kamut and spelt are available at health food stores and some bulk food stores.
- Use light Feta instead of regular.

This recipe is from “We’re All Cookin’ With Chicken” Volume 7. To order a copy email your name and mailing address to <mailto:chicken@chicken.mb.ca>.



Courtesy of Manitoba Chicken Producers
<http://www.chicken.mb.ca>

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