

20-MINUTE SPAGHETTI WITH CHICKEN AND VEGGIES

Ingredients

- ½ pound whole wheat or gluten-free spaghetti
- 2 tablespoons olive oil, divided
- 3 large garlic cloves, minced
- 1 pound boneless, skinless chicken breasts or thighs
- 1 pint cherry tomatoes, halved
- ½ teaspoon kosher salt, divided
- 1 pound asparagus, trimmed and cut into 1-inch pieces
- ½ cup chicken or vegetable stock
- ½ cup fresh basil leaves, thinly sliced
- ½ cup fresh parsley, chopped
- 1 tablespoon fresh lemon juice
- Freshly grated parmesan cheese (optional)

Instructions

1. Bring a large pot of salted water to a boil over high heat. Add the pasta and cook according to package direction, stirring occasionally, until just tender. Drain and set aside.

2. Meanwhile, heat 1 tablespoon oil over medium heat. Add the chicken, sprinkle with $\frac{1}{4}$ teaspoon salt and cooked until browned on both sides and cooked through, about 8-10 minutes.

3. Remove the chicken, setting aside. Add an additional 1 tablespoon olive oil to the pan. Add the garlic and cook until golden but not browned, stirring often, about 30 seconds.

4. Add the asparagus, tomatoes and $\frac{1}{4}$ teaspoon salt. Cook for 2-3 minutes.

5. Pour in the chicken stock, add the chicken back to the pan, and simmer everything together on medium for 3-4 minutes.

6. Add the cooked, drained pasta to the pan, tossing to combine. If the sauce is a bit dry, add a splash more chicken stock. Drizzle with lemon juice, sprinkle with basil and parsley. Taste and add additional salt or lemon juice if you like. Serve warm.

Serves 3-4