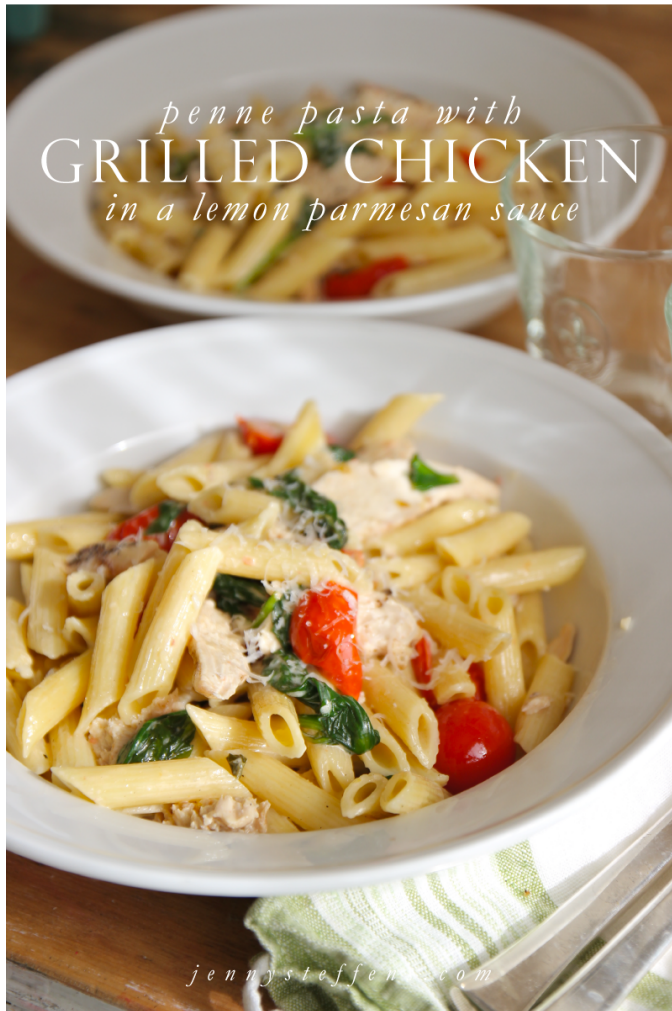


Penne Pasta with Grilled Chicken

Quick Dinner



1 pound of Chicken
1 tablespoon of olive oil
sea salt & cracked pepper
....
1 box (pound) of penne pasta
....
1/2 stick of butter
4 cloves of garlic, minced
1 cup of cherry tomatoes, sliced in half
4 cups of fresh spinach
1/2 lemon, squeezed
1/2 cup of cream
1 teaspoon of sea salt
1/4 cup of parmesan cheese

For chicken, drizzle with olive oil, and sprinkle with salt and pepper. Grill on a medium-hot grill for 5-6 minutes on each side until cooked through. Set aside. Meanwhile, bring a large pot of water to boil. Season with salt. Cook penne according to directions. Give a quick rinse with cold water... I know, I will get some resistance from this, but I think the sauce gets just a little too goopy if the pasta is not rinsed. You can use your personal preference!

For the sauce, melt butter in a large saute pan. Add garlic and cook for 30 seconds. Add tomatoes and spinach and cook for 1 minutes. Add lemon juice and cream. Cook for 3 minutes until it begins to simmer.

Lower heat and add cooked pasta. Slice Chicken and add to the pasta. Add parmesan cheese and toss together.

JennySteffens.com