



INGREDIENTS

- 12 oz pre-cooked Chicken OR raw Shrimp, shelled with no tails (defrosted if frozen)
- 12 oz Spiral/Rotini/Rotelli Pasta, dry not fresh – gluten-free pasta works too!
- 10-12 oz Grape Tomatoes, sliced lengthwise in half
- 1 large Yellow Onion, chopped (about 2 Cups)
- 3 Tbs. Garlic, minced
- 2 Tbs. Capers
- 1 Tbs. Italian Seasoning
- 0.25 tsp Red Pepper Flakes (1/8 tsp is my preference)
- 2 springs fresh Basil or 1.5 Tbs. dry Basil (the Basil really makes this dish!)
- 2 Tbs. Olive Oil
- Salt/pepper, optional
- 4.5 Cups Chicken Broth, liquid or prepared bouillon
- 1 Cup Moscato Wine
- Grated Parmesan Cheese as side condiment

Leftovers Tip

This dish is a lot of food! For two people, there may be plenty of leftovers. If desired, separate the cooked Pasta dish into two containers before adding chicken or shrimp– one to eat right away, the other to refrigerate/freeze for another meal. For the leftovers, add chicken/shrimp after reheating defrosted portion.

INSTRUCTIONS

This is a one skillet meal. All ingredients should be added *before* the stove is on. No need to pre-measure spices because you will add them all to the pan as you measure.

On brown cutting mat, cut Chicken into bite-size pieces. Set aside to add at the end of cooking time.

With heat off, pour 12 oz. of Pasta into skillet.

On green/vegetables cutting mat, slice Grape Tomatoes, lengthwise, then place in skillet to one side of the Pasta.

Chop Onion, then place in skillet on the other side of the Pasta.

Measure minced Garlic, Capers, Italian seasoning, Red Pepper Flakes, and Olive Oil right on top of the dry Pasta.

Divide fresh Basil leaves and add to pan.

Pour both liquids– Chicken Broth and Moscato Wine over all the ingredients.

Bring to a boil over high heat. Boil, stirring and/or turning Pasta with tongs for about 15-20 minutes or until Pasta is al dente (still firm when bitten, but cooked) and liquids are mostly absorbed. *Note: Turning the Pasta helps the Pasta keep its shape, especially when using gluten-free Pasta.*

Stir in chicken or shrimp. Cook for two (2) more minutes, then cover and remove from heat. The residual heat will continue to cook the shrimp but not too much.

Serve hot with grated Parmesan Cheese as a garnish. Can be stored in an air-tight container in the refrigerator/freezer.

Wonderfully yours,

Alice



BED & BREAKFAST

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