

Caprese Chicken Pasta Salad

Recipe by: Chef Jonathan Poyourow, RD, LD

Yield: 2-4 servings

Ingredients

For the pasta

2 cups penne pasta, cooked

For the chicken

4 chicken breasts

¼ teaspoon salt

¼ teaspoon pepper

2 tablespoon olive oil

For the remainder of the salad

3 ½ tablespoons olive oil

½ cup cherry tomatoes, diced

1 tablespoon minced garlic

¼ teaspoon salt

¼ teaspoon pepper

1 ½ tablespoon balsamic vinegar

1 tablespoon basil leaves, thinly sliced

1 ½ cups fresh mozzarella cheese, diced

¼ teaspoon crushed red pepper flakes (optional)



Method of Preparation

1. First, cook the pasta until al dente according to package instructions. Reserve about a half-cup of the pasta cooking liquid, then drain the pasta. Toss the pasta with a bit of olive oil to prevent sticking and set aside.
2. Then, heat two tablespoons of the olive oil over high in a large, deep skillet. Add the chicken, and quarter-teaspoon of both the salt and black pepper. Cook until the chicken is no longer pink in the center, about 3-5 minutes per side (depending on thickness of chicken). Remove the chicken and place on a plate, then carefully wipe the pan with a paper towel while it is still hot to remove any browned remainders.
3. Place cleaned pan over medium heat, and add one tablespoon olive oil. Add the tomatoes, garlic, and remaining quarter teaspoons of both salt and black pepper. Let cook one minute, then reduce the heat to low and cook for 5-7 minutes longer, stirring occasionally, until the tomatoes begin to soften and wrinkle. Add the balsamic vinegar and cook 30 seconds.
4. To complete the dish, add the drained pasta and reserved chicken. If the pasta seems too dry, add a bit of the reserved pasta water. Remove from heat and stir in the basil and mozzarella. Garnish with red pepper flakes if desired. Serve immediately.

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