

PASTA PRIMAVERA (7 SERVINGS)

- 1 LB CARROTS, CUT INTO THIN STRIPS
- 2 MEDIUM ZUCCHINI, CUT INTO THIN STRIPS
- 2 YELLOW SQUASH, CUT INTO THIN STRIPS
- 1 ONION, THINLY SLICED
- 1 YELLOW BELL PEPPER, CUT INTO THIN STRIPS
- 1 RED BELL PEPPER, CUT INTO THIN STRIPS
- ¼ CUP OLIVE OIL
- SALT AND FRESHLY GROUND BLACK PEPPER
- 1 TABLESPOON HERBES DE PROVENCE OR DRIED ITALIAN HERBS
- ½ LB FARFALLE (BOWTIE PASTA)
- 15 CHERRY TOMATOES HALVED
- GRATED PARMESAN CHEESE
- 14 CHICKEN TENDERLOINS



DIRECTIONS

1. PLACE CUT VEGETABLES, OIL, SALT, PEPPER AND HERBS IN A BOWL AND TOSS TO EVENLY COAT.
2. TRANSFER ONTO UNLINED SHEET PANS OR COOKIE PANS.
3. BAKE AT 350°F FOR 10 MINUTES. STIR AND BAKE AN ADDITIONAL 10 MINUTES.
4. PLACE THE PASTA IN SALTED WATER AND COOK UNTIL AL DENTE (AROUND 15-20 MINUTES).

WHILE PASTA IS COOKING:

PLACE CHICKEN TENDERLOINS IN A BOWL WITH A LITTLE OLIVE OIL, SALT AND PEPPER. PUT ONTO UNLINED SHEET PAN. COOK ON 350°F FOR 8-10 MINUTES, OR UNTIL DONE.

5. DRAIN PASTA RESERVING ½ CUP OF THE LIQUID.
6. TOSS THE PASTA WITH THE VEGETABLE MIXTURE IN A LARGE BOWL.
7. TOSS IN CHERRY TOMATOES.
8. ADD THE RESERVED LIQUID.
9. SPRINKLE WITH PARMESAN CHEESE WHEN SERVED.
10. PLACE TWO PIECES OF CHICKEN TENDERLOINS ON EACH PASTA DISH.

