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BOB'S CHICKEN PESTO Recipe

Ingredients:

1 lb. boneless chicken, cubed
1 lb. box multi-colored pasta
3 red peppers
2 tomatoes
3 cloves garlic
broccoli (or vegs of your choosing)
olive oil
pesto
fresh curly parsley
salt and pepper
Parmesan cheese (optional)

Instructions:

Start water for pasta. In skillet, brown garlic over a low heat in a generous amount of olive oil. Add chicken - cook over medium heat. When done, set aside covered to keep hot.

While chicken is cooking, cut red peppers into large strips. Put peppers under broiler; burn skin on each side. Then, remove from broiler and put peppers into a small sealed plastic (i.e. ziploc) or paper bag (to steam themselves). Set aside ~10 minutes; after which, remove skins, cut into cubes and toss with olive oil.

While peppers are steaming in bag:

- Put pasta into boiling water - add salt to taste.
- Steam vegs (don't overcook, they should remain a bit crunchy).
- Cut up tomatoes into cubes.

When pasta is done, rinse under very hot water (don't want it to cool off). Add chicken with its oil, mix together. Then mix in vegs, cubed roasted peppers and tomatoes. Next add pesto, herbs and pepper to taste, mix. Optional: toss with parmesan cheese.

Serve with warm Italian bread.

Courtesy of nkf@vnet.IBM.COM (Nancy)

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