

Italian Chicken Pasta and Green Salad

You will start your pasta water and start your tomato sauce at the same time.

Pasta:

Heat water in a stock pot and add a teaspoon of salt. When the water starts to boil, add the pasta and cook until it is tender

Tomato Sauce:

Slice your tomatoes in half.

In a pot or Dutch oven, add 2 Tablespoons Olive Oil.

Add your tomatoes and cook on medium heat for 5 minutes.

Mince the garlic and add it to the skillet. Cook for about 3 more minutes.

Add 1 tablespoon of butter, $\frac{1}{2}$ teaspoon of salt, and 1 teaspoon of sugar.

Turn your heat down to low and cook for 10 minutes while you start your chicken.

Chicken:

Slice your chicken breasts so that each breast makes 2 thin chicken cutlets. Then sprinkle the spice mix to both sides of each piece of chicken. Add some pepper and a little extra salt too.

Heat some oil (grape seed or olive oil is great) in a skillet and when the oil is hot, add the chicken cutlets. Cook on one side for 3 minutes then turn them and cook them on the other side for 3 minutes. Make sure they are cooked through. Then take them out and set them on a paper towel.

Plate:

Put some of the pasta on a plate add 1 or 2 pieces of chicken. Top with the roasted tomato sauce, basil (that has been thinly sliced) and parmesan cheeses. Then drizzle some olive oil over the plate (this is optional, but I love it).

Wash your greens and dress them with Sensation Dressing. Add them to the side of your plate, or put them in a separate bowl. Enjoy!!!

Sensation Dressing Ingredients: olive oil, Romano cheese, sheep milk, salt, lemon juice, red wine vinegar, garlic, spices, sugar