

Jen's Pasta



Ingredients:

2-3 servings of any cooked pasta
1/2 lb chicken breast (or any other part if you prefer)
1/2 C julienned sundried tomato
1/2 C marinated artichoke hearts
1 small bunch of asparagus (or broccoli works well)
1 C sliced cremini mushrooms (not shown in photos - we were out)
1 C low-sodium chicken broth
1 Tbs butter or margarine
1 tsp dry marjoram
1 tsp dry oregano or basil
1/4 tsp sea salt

In a hot pan, brown the salted chicken breasts in a small amount of oil. Be careful to keep them juicy by not overcooking them. At the same time, boil the pasta to just underdone and drain the water. Remove the chicken from the pan and place on a plate to rest. Put the butter and 1/2 of the chicken broth in the pan and bring to a boil. Rough chop the chicken breast. Once the broth starts to boil, add the remaining ingredients. Bring it to a full boil, cooking the pasta to al dente and softening the asparagus. Add the remaining chicken stock and bring to a boil, reducing it by about half. Serve and garnish.

Photo & recipe by Mat/MadeForJen
<http://madeforjen.blogspot.com/2012/08/jens-pasta.html>