

Basil Chicken with Tomatoes over Penne

Chicken with a hearty helping of basil simmered in a fresh tomato sauce. This meal is great for company, too, because you can have all the ingredients ready and quickly throw them together in a few minutes.

Serves 4 – 6

Boil a large stockpot of water, then add:

1 (16 ounce) bag **gluten-free penne pasta**

Cook the pasta according to package instructions. Meanwhile place in a medium sized stockpot:

2 pounds **skinless, boneless chicken breast halves**, (or 3 **chicken breast halves**) cut into ¼-inch cubes

Add enough water to cover chicken in pot. Bring to a boil and cook for 10 minutes. Then remove from heat, drain water, and keep chicken warm.

In a large skillet, add:

1 tablespoon **olive oil**

1 medium **onion**, chopped (½ cup)

3 **cloves of garlic**, minced

Cook onion on medium heat, until soft and translucent. Then reduce heat to low and stir in:

3 cups **chopped fresh tomatoes** (preferably grape tomatoes)

¼ cup **chopped fresh** or **dehydrated basil leaves**

¼ teaspoon **red pepper flakes**

½ teaspoon **sea salt**

teaspoon **black pepper**

Simmer for 5 minutes or until tomatoes have softened. Drain and rinse pasta, then add to pan along with the chicken. Cook for an additional 3 – 4 minutes and serve.

- Add ½ cup chicken stock if you prefer more sauce over your pasta.
- If you don't have fresh tomatoes use 2 (14.5 ounce) cans of diced tomatoes.