

Mediterranean Pasta With Pesto and Chicken



Experience Mediterranean flavors like never before with our Pesto Chicken Mediterranean Pasta recipe. Delight in the exquisite blend of pesto-infused chicken and pasta that transports your taste buds to the heart of the Mediterranean.

Preparation 10 min

Cooking 15 min

Servings 8

Nutrition Facts (per serving)

Calories 390

Fat 16

Carbohydrates 33

Fibre 2

Protein 29

Sodium 330

Ingredients

- 300 g short pasta (fusilli, rotini, farfalle, etc.)
- 80 ml (? cup) pine nuts
- 1 onion, chopped
- 15 ml (1 tbsp) olive oil
- 80 ml (? cup) pesto

- 60 ml (¼ cup) sun dried tomatoes in oil, chopped
- 3 cooked chicken breasts (about 600 g), cut into large pieces
- 1 can (375 ml) sliced black olives, rinsed and drained
- Parmesan cheese, to taste (optional)
- Chopped fresh basil, to taste (optional)

Preparation

1. In a saucepan, cook pasta according to package directions. Drain.
2. Meanwhile, in a large skillet, place pine nuts and dry roast over medium-high heat, stirring often, until nuts are golden brown, about 3 minutes. Set aside in a bowl.
3. In the same large skillet, sauté onion in olive oil over medium-high heat.
4. When onion is cooked, add pesto, tomato sauce, sun-dried tomatoes, chicken and olives. Mix well.
5. Add pasta and pine nuts. Mix gently.
6. If desired, garnish with parmesan and basil just before serving.

Notes

Can be kept for 3 days in the refrigerator. Does not freeze.



Katrina Daigle – Nutritionniste Diététiste à Ottawa
Registered Dietitian Nutritionist Ottawa