

Chicken and Asparagus Bowties

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Ingredients:

8 oz Bowtie pasta
1 Lb Asparagus (tough ends trimmed, cut into 2 inch long pieces)
1 Lb Boneless chicken breast halves
½ Tsp Lemon pepper seasoning
1 Tbsp + ½ Cup olive oil and vinegar dressing
3 Tbsp Dill weed (or ½ cup chopped fresh)
1 Tbsp Lemon zest
2 Tbsp Lemon juice
½ Cup thinly sliced red onion
4 Cups baby spinach
½ Cup crumbled goat cheese

Directions:

1. Cook pasta according to package directions. Add asparagus during last 3 minutes of cooking time.
2. Drain pasta, rinse under cold water until cool
3. Sprinkle chicken with lemon pepper seasoning
4. In large, non stick skillet, heat 1 Tbsp dressing over medium high heat
5. Add chicken, cook, turning once, until cooked thru
6. Let chicken rest 10 minutes
7. Cut into ½ inch slices
8. In large bowl, mix salad dressing, dill, lemon zest and juice
9. Add chicken, pasta, and asparagus. Mix until coated.
10. Arrange spinach on plate. Top with chicken mixture. Sprinkle with goat cheese.