

Whole Wheat Spaghetti and Spicy Cherry Tomato Sauce

Anita Herman, MG

Makes 4 servings.

1 lb. whole wheat spaghetti
1-2 Tbs. extra-virgin olive oil
4 cloves garlic
2 pints red and/or yellow cherry
tomatoes, halved *
2 large or 4 small boneless, skinless
chicken breasts

Generous pinch of crushed red pepper

A splash, approximately 1/2 teaspoon of good quality
red wine vinegar

Low salt, organic chicken broth, as needed

6 oz. aged feta cheese, broken in pieces

1 handful basil, thinly sliced (about 1 cup)

Pecorino, Parmesan or Asiago cheese, grated fine to garnish

*This recipe is
modified from one
I found in Better
Homes and
Gardens/September
2012*

1. Prepare chicken by pounding with a mallet until chicken breasts are 1/2" or more thick. Heat up your barbecue grill and prepare chicken breasts by grilling about 2-3 minutes per side. (You do not need to cook them thoroughly since they will be added to the sauce to finish cooking.) Remove from grill to cutting board and allow the chicken to rest for 5 minutes before slicing into bite-size pieces. Set aside.
2. Bring a large pot of generously salted water to boiling. Add the pasta and cook until al dente, according to directions. Drain, reserving 1/3 cup of the pasta cooking liquid to use in sauce. This will give the sauce a silky feel.
3. Meanwhile, in a large skillet, heat oil over medium-high heat. Add the garlic and tomatoes. Cook, stirring occasionally, until tomatoes soften and the juices begin to bubble, about 3 minutes. If the cherry tomatoes don't give out a lot of juice, add some chicken broth and the red wine vinegar.

4. Add the chicken and a large pinch of crushed red pepper, then toss and continue cooking just until your chicken slices are cooked through, about 3-4 minutes.
5. Add the pasta with the reserved pasta cooking liquid. Toss together over low heat. Remove from heat. Stir in the feta and basil; toss with tongs, adding up to 1 tablespoon more oil. Divide among four bowls. Sprinkle with cheese.

*When your summer supply of fresh tomatoes runs out you may substitute 4 cups of **Oven Roasted Tomatoes**.