Sun-dried Tomato and Chicken Penne

Yield: 4 servings

Ingredients
12 oz. rotisserie chicken, skin and bones removed
4 oz. sun-dried tomatoes in olive oil, drained but keep the oil
2 tbsp. olive oil from the sun-dried tomatoes
4 garlic cloves, minced
1 small onion, minced
½ c. skim milk
1½ t. dried oregano
Pinch of salt (optional)
1 12-14 oz. can crushed tomatoes or 12-15 can whole peeled tomatoes and crush
8 oz. fresh baby spinach leaves, chopped
¼ t. paprika (optional)
8 oz. whole wheat pasta
3 oz. grated Parmesan cheese
Fresh basil leaves (optional)

Directions
1. Cook pasta to al dente according to package instructions; drain and set aside.
2. While the pasta is cooking, sauté the garlic, onion and drained sun-dried tomatoes in a large frying pan for one minute using the oil you drained from the sun-dried tomatoes. Sprinkle with a pinch of salt, oregano and the optional paprika. Cook on medium heat while stirring for about two minutes or until the onions look clear.
3. Add the milk, canned tomatoes and cooked chicken to the pan and bring the sauce to a simmer.
4. Remove the sauce from heat. Add the pasta to the sauce and mix well. Add the chopped baby spinach and toss gently.
5. For each serving, place one quarter of the pasta on a plate and then top with a little freshly chopped basil and grated Parmesan. Add a large piece of your favorite in-season melon or fruit to round out the meal.

Notes
• If the sauce is too thick, add more milk.
• This meal is a great way to use extra cooked chicken. Use any unused chicken to top a salad for lunch or make a soup.
• Spice up this dish by adding a little crushed red pepper in step 3.