



Rotini Pasta Vegetable Medley & Ginger Garlic Chicken

Yield: 6 Portions

Serving Size: 1 cup

Pasta

Ingredients	Amounts
Tri-color Rotini pasta	1 12-ounce package
(*can substitute for brown rice)	(cook according to package directions)
Onion, chopped	½ cup
Squash, cubed	1 cup
Zucchini, cubed	1 cup
Broccoli, cubed	1 cup
Extra-virgin olive oil, divided	6 tablespoons
Unsalted butter	½ teaspoon
Green sweet pepper	½ cup
Yellow or Red bell pepper	½ cup
Tomato	½ cup
Garlic, minced divided	6 cloves or teaspoons
Thyme	1 teaspoon
Rosemary	1 teaspoon
Salt	1 teaspoon
Black pepper	1 teaspoon

Chicken

Ingredients	Amounts
Chicken breasts, cubed	2 pounds
Soy sauce	¼ cup
Fresh ginger, minced	1 tablespoon
Red pepper flakes (optional)	½ teaspoon
Hoisin sauce	½ cup
Sriracha hot chili sauce (optional)	2 teaspoons
White cooking wine, divided	4 tablespoons

Method

1. Cook pasta according to package instructions and set aside.
2. Combine chicken with 3 tablespoons white cooking wine, soy sauce, 3 teaspoons garlic, ginger and red pepper flakes in a zip lock bag. Marinate in refrigerator for at least 30 minutes or up to 4 hours.
3. Preheat oven to 375 degrees Fahrenheit. Line a large baking sheet with parchment paper.
4. Toss squash, broccoli, zucchini, remaining garlic, 3 tablespoons of oil, salt and pepper in large bowl. Place on baking sheet.
5. Bake in preheated oven for 15 minutes.
6. Combine remaining white cooking wine, hoisin and sriracha sauce in a small saucepan.
7. Remove chicken from refrigerator, place on baking sheet reserving marinade from chicken. Bake for 20 minutes
8. Add marinade to white wine mixture in a small saucepan on low heat, constantly stirring until it thickens and becomes a glaze.
9. Brush glaze on chicken. Set oven to broil on low and place chicken in oven for 10 minutes or until chicken is cooked through (internal temperature is 165 degrees Fahrenheit).
10. In a large saucepan, heat remaining olive oil, butter and rosemary over high heat. Add onion, green sweet pepper, yellow or red bell pepper, tomato and remaining garlic. Cook and stir for 5 minutes or until onion is translucent.
11. Add squash vegetable mixture and pasta to sautéed onion mixture in saucepan and stir for 2 minutes.
12. Stir in chicken.
13. Garnish with thyme and serve.

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