$$e^{j\omega t} \longrightarrow \begin{array}{c} \text{LTI System} \\ H \end{array} \longrightarrow |H(\omega)| e^{j(\omega t + \angle H)} \\ \\ e^{-j\omega t} \longrightarrow \begin{array}{c} \text{LTI System} \\ H \end{array} \longrightarrow |H(-\omega)| e^{j(-\omega t + \angle H(-\omega))} \\ \\ cos(\omega t) = \frac{e^{j\omega t} + e^{-j\omega t}}{2} \longrightarrow \begin{array}{c} \text{LTI System} \\ H \end{array} \longrightarrow \begin{array}{c} \underline{H(\omega)e^{j\omega t} + H(-\omega)e^{-j\omega t}} \\ \\ 2 \end{array}$$