



Prep time: 45 minutes

Ingredients:

- 18 ounces chicken breast, cut into small pieces (1/2" square)
- 1/2 cup onion, diced
- 2 cloves garlic, minced
- 2 cans (14.5 ounces) of diced tomato
- 1 1/2 cups sliced mushrooms
- 1/3 cup balsamic vinegar
- 1 teaspoon basil
- 1 teaspoon oregano
- 1/2 teaspoon thyme
- 1/2 teaspoon rosemary
- 1/4 cup tomato paste
- cooking spray
- 3-1/3 cups cooked pasta

Utensils:

- kitchen scissors (you'll need help from your adult assistant)
- stove (you'll need help from your adult assistant)
- measuring cup
- measuring spoons

Directions:

1. Spray a large skillet with nonstick cooking spray.
2. Sauté onion, garlic and mushrooms in large skillet for 5 minutes over low heat.
3. Add raw chicken pieces to large skillet with onions, garlic, and mushrooms.
4. Cook chicken over medium high heat until no longer pink.
5. Once chicken is cooked, add diced tomatoes, tomato paste, balsamic vinegar, and dried herbs to the chicken mixture.

6. Mix together well and simmer over medium low heat for 20 minutes.

7. Toss 1 cup of sauce with 2/3 cup of cooked pasta for each serving.

Serves: 5

Serving size: 1 cup of sauce with 2/3 cup of cooked pasta