



Another delicious recipe from

Foster's Demo



Italian Chicken, Roasted Pepper & Pasta Dinner

Prep Time: 30 minutes

Makes: 5-6 servings

Ingredients:

*1 package of Pilgrim's Pride Eat Well Stay Healthy Italian Style Grilled Chicken Breast Fillets
1 package of vegetable fisilli pasta
3/4 cup Parmesan cheese
Salt & pepper to taste*

Directions:

1. Cook chicken per instructions on package and set aside
2. Cook pasta per package instructions and add parmesan cheese

Seasoned Roasted Red Peppers

*6 red bell peppers
5 tablespoons golden raisins
3 tablespoons pine nuts
1 teaspoon italian parsley, chopped
1/8 teaspoon garlic, minced
Salt & Pepper to taste*

Preheat broiler.

Broil peppers turning often until skin is blackened on all sides.

Remove from the heat and immediately cover completely with plastic food wrap.

Allow peppers to steam about 10 minutes.

When cool to handle, remove the blackened skin by rubbing with a paper towel.

Cut peppers lengthwise into 1/4 inch thick strips.

Combine the pepper strips with raisins, nuts, parsley and garlic then season with salt and pepper.

Allow pepper mixture to rest at room temperature for about one hour before serving.

Can be also heated and served hot.

Serve on large serving plate: Italian chicken with side dishes of pasta and roasted peppers.

Add extra Parmesan on top of the pasta if desired.