



Lemon Garlic Chicken and Summer Vegetable Pasta

Prep Time: 45 min

Cook Time: 30 min

Serves: 4

NUTRITION FACTS, PER SERVING:

686 calories

31g total fat

715mg sodium



INGREDIENTS: **** Items not included in kit**

CHICKEN MARINADE:

- 1.5 lbs. Chicken Cubes
- 1/4 cup olive oil**
- 2 tsp Italian seasoning
- 2 cloves garlic, minced
- 1 lemon, juiced and zested
- 1 tsp honey
- 1/2 tsp salt and 1/4 tsp pepper**

- 1 lb. pasta
- 2 TB olive oil**
- 3 ears corn, husked and kernels cut off
- 1/2 cup red bell pepper, diced
- 1 pint cherry tomatoes, halved
- 1 cup sliced zucchini
- 4 green onions, diced
- Salt & Pepper, to taste**
- 1/4 cup pasta cooking water**
- 1 cup crumbled feta cheese
- 2 TB basil, sliced into ribbons

DIRECTIONS:

1. CHICKEN MARINADE: In a large resealable gallon bag, combine **1/4 cup olive oil, Italian seasoning, 2 cloves minced garlic, 1 lemon juiced and zested, 1 tsp honey 1/2 tsp salt & 1/4 tsp pepper**. Seal and shake to combine. Add **chicken cubes** to the bag, seal and move the chicken around to coat in the marinade. Place in refrigerator and marinate for at least 30 minutes or up to 4 hours.
2. Prep Produce: Shuck **corn** and cut off kernels from the cob. Rinse **tomatoes** and cut in half. Chop **4 green onions** (white and green parts). Remove **basil** leaves from stem and stack, roll into a log and slice thinly to create ribbons. Slice **zucchini** into 1/2 inch pieces.
3. Cook **pasta** according to package directions. **Reserving 1/4 cup pasta cooking water** before draining.
4. Remove **marinated chicken** from refrigerator. In a large sauté pan, heat **2 TB olive oil** over medium-high heat and add chicken cubes (discard marinade) and cook chicken 8-12 minutes, or until cooked through. Add **corn kernels, diced red pepper, halved cherry tomatoes, diced zucchini, and diced green onions** stirring to combine and cook for 3 minutes, or until zucchini is crisp tender. Season with **salt and pepper** to taste.
5. Toss **chicken/vegetable mixture** with **cooked pasta**, adding **up to 1/4 cup reserved cooking pasta water** to create a light sauce.
6. Serve topped with **crumbled feta cheese** and **thinly sliced basil**.

Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.

Proudly Sponsored by:

