

# Sun-Dried Tomato Chicken Toss



1. In large pot boil 12 cups of water, add:

dry rotini noodles (or any pasta) 4 cups

Cook for about 10 minutes until tender but firm, stirring occasionally. Drain and set aside.

**Tip:** Sun-dried tomatoes can be found at most grocery stores near the fresh or canned tomatoes.

2. In a small bowl add:

boiling water 1 cup

sun-dried tomatoes  $\frac{1}{2}$  cup

Let the sun-dried tomatoes soak for 2 minutes, then remove from the water and chop.

3. In a saucepan with 2 tablespoons of oil, cook on medium heat for 3 -5 minutes:

sun-dried tomatoes, chopped 4 whole

(or 1 fresh tomato or 1 small can of chopped tomatoes, drained)

chicken 1 can (drained)

(or 1 piece of chicken cooked and deboned)

garlic powder 1 teaspoon

dried basil 1 teaspoon

dried oregano 1 teaspoon

4. Toss chicken and tomato mixture with cooked pasta.  
Serve with grated cheese and pita bread.

**This meal tastes great HOT or COLD.**

**Serves 6**