Lemon Pepper Chicken Pasta
Cheap, Fast and Healthy, Feb. 6th

Ingredients:
- 2 boneless, skinless chicken breasts
- 2 cups whole wheat rotini pasta
- 1 medium lemon
- 1/3 cup extra virgin olive oil
- 2 cups marinara sauce
- Pepper to taste

Directions:
1. Begin by heating your marinara sauce on low heat and bring a pot of water to boil to cook the pasta to “al dente”.
2. In the meantime, in a medium bowl, place the olive oil and the zest of the lemon.
3. Juice the lemon into the bowl as well and add pepper to taste.
4. Preheat a large skillet over medium heat. Cut the chicken breasts into bite sized pieces and place into olive oil and lemon marinade, toss to coat the chicken.
5. Place chicken and any additional marinade into preheated skillet. Cook chicken thoroughly.

To serve: place marinara sauce over pasta and top with chicken. Enjoy!

Servings 2