

Day 4 – Creamy Pasta with Chicken, Kalamata Olives and Broccoli –
Cat Cora



Ingredients:

Serves 4–6

- 3 Tbsp. olive oil
- 1 pound chicken , cut into 1/2-inch slices
- 2 Tbsp. minced garlic
- 1 pound whole wheat pasta
- 1/2 cup frozen broccoli
- 1/4 cup kalamata olives , pitted (about 1/4 pound)
- 1/4 cup milk
- 1 tsp. red chili flakes (optional)
- 1 tsp. dried Italian herb seasoning
- Salt and pepper to taste

Put water on to boil in a large pot or a pasta pot, fitted with a strainer.

Pour the olive oil into a skillet and set over medium heat. Cook the chicken until it begins to brown. Toss the minced garlic into the skillet and cook just until fragrant and beginning to brown, about 2 minutes. Add the broccoli and sauté for 3 to 4 minutes. If the water in the pot is boiling, add the fresh pasta to the pot. Cook until al dente, about 5 minutes.

Now add the olives to the skillet. Sauté 1 minute, then stir in the milk. Strain the pasta and transfer to a large pasta bowl. Add the sauce to the pasta and toss. Season with Italian herb seasoning, red pepper flakes, salt and pepper before serving.