

Chicken

Chicken Tagliatelle with Brussels Sprouts

Everyday EverRoast Recipe Book
www.boarshead.com

Servings: 4

1 pound tagliatelle pasta or medium-size egg noodles
1/4 cup olive oil
3 cloves garlic, finely chopped
3/4 pound Brussels sprouts, cleaned and quartered
1/2 cup almonds, thinly sliced
3/4 pound (sliced 1/4-inch) Boar's Head EverRoast Chicken Breast, julienned
freshly ground pepper
2 tablespoons fresh flat-leaf parsley, chopped
Boar's Head Parmigiano-Reggiano cheese, freshly grated
additional olive oil for moistening (if needed)

Cook the pasta according to package directions. Transfer to a large serving bowl. Toss with one tablespoon of olive oil.

While the pasta cooks, heat one tablespoon of the olive oil in a medium non-stick skillet over medium heat. Saute' the garlic for 1 minute.

Add the Brussels sprouts. Cook until lightly browned. Transfer to a large serving bowl.

Add the EverRoast chicken to the same pan. Cook for 3 to 4 minutes to brown the chicken and heat through.

Toss the chicken with the pasta and Brussels sprouts. Add the remaining olive oil or more to moisten and coat the pasta.

Sprinkle with the pepper, parsley and cheese.

Serve right away

Per Serving (excluding unknown items): 261 Calories; 23g Fat (74.6% calories from fat); 6g Protein; 11g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 23mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 4 1/2 Fat.