

Chicken & Veggie Pasta

This recipe is quick, easy, delicious and can be made with fresh veggies grown in your garden or found at a local farmer's market!

Tomato Sauce

Ingredients:

- Tomatoes
- Carrots
- Onions
- Jalapeño
- Garlic
- Basil
- Rosemary
- Parmesan
- Parsley

Directions: Crush tomatoes and place in a pan. Chop carrots, onions, jalapeno and garlic and add to pan. Bring mixture to a boil. Blend veggies in a blender or using an emersion blender then bring back to a boil. Use with pasta or cool, chill and store in the refrigerator or freezer until ready to use.

Pasta Dish

Ingredients:

- Tomato sauce
- Whole wheat pasta
- Rotisserie chicken (or cooked chicken, shredded)
- Squash
- Zucchini
- Basil
- Tomatoes
- Parmesan or mozzarella cheese

Directions: Chop veggies and heat in a pan with olive oil. Add chicken and sauce, heat. Add salt and pepper to taste. Serve and sprinkle with herbs and cheese.