

Bruschetta Chicken Pasta

By Chef Ali



INGREDIENTS:

- 1 cup pineapple
- 6 Roma tomatoes
- 1/2 cup red onion
- 2 garlic cloves, minced
- 1/4 cup basil
- 2 Tbsp. lime juice
- 1 Tbsp. olive oil
- 1/2 cup parmesan cheese, shredded
- pinch of pepper and salt
- 1 pound whole wheat linguine
- 1 lb. boneless, skinless chicken breast

DIRECTIONS:

1. Preheat oven to 450F.
2. Place chicken on a baking sheet. Season with salt and pepper as desired. Optional: add other seasonings like olive oil or garlic powder.
3. Bake for 15-20 minutes or until internal temp. reaches 165F.
4. Dice pineapple, tomatoes, red onion. Place in a bowl with minced garlic, chopped basil, lime juice, olive oil, parmesan cheese, and mix together.
5. Set bruschetta aside in the fridge.
6. Bring a pot of water to boil. Add noodles and cook for 7 minutes or to desired doneness.
7. Plate 1/2 cup cooked noodles, topped with bruschetta and sliced chicken. Enjoy!

MEAL KIT SHOPPING LIST



30 min

Yield: 6 servings



1
pineapple



1 bag
parmesan
cheese



6 Roma
tomatoes



1 box whole
wheat linguine



1 red
onion



2 garlic
cloves



1 lb. boneless
skinless
chicken breast



1 bunch
basil



1 lime

Seasonings and more:

- olive oil
- salt and pepper

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healthyoptionsbuffalo.com

Healthy Options.
Cooking at Home

Grocery cost: \$24.92

Recipe cost: \$19.35

Cost per meal: \$3.25

*prices found at Wegmans as
of May 2024