



## RECIPE OF THE WEEK

This Chicken & Asparagus in Garlic Tomato Sauce recipe is super quick and easy to make and delicious to eat. Made with fresh and packaged ingredients from this week's Long Beach Food Pantry Delivery and Grocery Grab N Go, this flavorsome family feast will leave you licking your lips.



### CHICKEN & ASPARAGUS IN GARLIC TOMATO SAUCE PASTA

#### Nutritional Facts:

Chicken is a great source of lean protein, iron, potassium, vitamin D and calcium. While asparagus, tomato, basil, and garlic together are high in fiber; iron, calcium, potassium; antioxidants; magnesium; folate, and vitamins A, C, E, K and B6. Pasta is also high in fiber, manganese, selenium, copper, and phosphorus.

All this helps digestive and heart health; blood pressure, and cholesterol levels, reduces inflammation; boosts immunity and energy levels, as well as protects against osteoporosis, cancer, and diabetes.

#### Ingredients (Serves 2):

1/2 bunch of cooked asparagus spears cut into bite sized pieces. 2 cups cooked chicken breasts pieces. 1/2-pound pasta of your choice (penne or ziti) 1/2 cup extra virgin olive oil. 4 large garlic cloves, peeled and left whole.	1 pint or 1 can tomatoes, drained. 4 large basil leaves roughly chopped. 1/4 cup freshly grated cheese, plus more to taste. Salt and freshly ground black pepper to taste.
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#### Instructions

1. Cook pasta a per packet instructions.
2. While pasta is cooking, in a large sauté pan, heat olive oil over medium heat. Add garlic cloves and sauté until all sides are golden and the garlic is soft on the inside. (About 4-5 minutes). Turn heat in pan up to medium high and add in whole tomatoes and gently sauté the tomatoes in the oil until they start to lose their shape and the skins burst.
3. Remove pan from the heat. Mash each tomato and garlic clove into the olive oil. This will give you a very rustic sauce with pieces of tomato and garlic in the oil.
4. Drain cooked pasta and add it into the sauce along with the asparagus, chicken, fresh basil and Parmesan cheese. Toss well to combine. Adjust seasoning with salt and pepper.
5. Serve pasta with additional grated cheese of your choice.

*Eat & Enjoy!*

Recipe adapted from: [www.afamilyfeast.com](http://www.afamilyfeast.com)



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