

Recipe for: Shrimp, Chicken & Veggie Pesto Pasta

Ingredients:

Shrimp
Chicken, cubed
1 onion
1 red pepper, chopped
1 zucchini, halved and sliced
1 yellow squash, halved and sliced
1 bunch asparagus, chopped
1 crown broccoli, chopped
Olive oil
Garlic, minced
Homemade pesto or
Small jar of store-bought pesto
Brown rice pasta (penne)

Preparation:

In a large frying pan, wok, or skillet sauté all vegetables in olive oil & garlic. Remove when vegetables are tender and place in a large mixing bowl. Cook chicken and shrimp in pan with olive oil and garlic until done. Add chicken and shrimp to vegetables in mixing bowl; mix in pesto.

Cook penne pasta and drain. Add pasta to mixing bowl and toss until completely mixed. For an alternate option, add some spaghetti sauce.