



Chicken Fusilli

PREP 20 MINS | COOK 15 MINS
SERVES 1

INGREDIENTS:

8 oz fusilli pasta
4 oz tomato juice
4 plum tomatoes, chopped
4 leaves fresh basil, chopped
½ medium onion, chopped
1 tablespoon olive oil
2 drops Worcestershire sauce
6 oz grilled chicken breast, sliced thin
2 cloves garlic crushed
1 or 2 pinches of sugar (optional)
Salt and pepper to taste

DIRECTIONS:

Bring water to a boil in a large pot lightly salted with 2 oz oil. Oil will prevent pasta from sticking. Add gluten free pasta and cook for 7 to 8 minutes or until al dente; drain and set aside.

In a large skillet, heat olive oil until hot (but not smoking). Add onions cook until lightly brown. Add garlic, sliced grilled chicken pieces, basil, tomato juice and chopped tomatoes. Cook for 5 minutes over medium heat. If it's too tangy add sugar.

Add pasta to skillet and mix together. Season with salt and pepper for taste. Sprinkle with parmesan cheese and serve immediately.