

Chicken Voilà!

Although it may sound fancy, this meal is very simple and inexpensive to prepare.

Ingredients

- 3 lb. boneless chicken breast
- 2 boxes bow tie pasta
- Seasonings: salt, onion powder, garlic powder
- 1 can French cut green beans
- 1 can whole kernel corn
- 1 can sliced carrots
- 1 stick butter
- 1 lemon

Directions:

Boil chicken breast in season water. When chicken is almost cooked through remove from pot and add bow tie pasta to water. Once cooled slightly, dice chicken.

In a large skillet, melt butter and add crushed garlic powder, onion powder, and lemon juice. Add diced chicken to skillet and cook until lightly brown.

Once pasta is done, drain and set aside. Turn off heat on skillet and add all veggies to skillet. Add pasta to skillet and stir until heated through. Voilà, you're done!

Recipe Variations

- Don't want to use canned vegetables? Add raw vegetables to skillet once butter is melted to allow more time to cook. Or, steam fresh vegetables ahead of time and add to skillet after chicken is lightly brown.
- Use any combination of vegetables you have available
- Use wild rice instead of pasta (directions for cooking wild rice are below)

Directions:

Wash 1 cup uncooked wild rice. Bring 3 cups salted water to a boil in a heavy saucepan, add wild rice. Return water to a boil and stir. Reduce heat to a simmer, cover pan and cook 50-60 minutes or just until kernels puff open. Uncover and fluff rice with fork. Simmer 5 additional minutes. Drain excess liquid.

Yield: 1 cup uncooked wild rice = 3-4 cup cooked rice