

**Chicken Breast with Tomato and Capers
Penne Pasta
Sautéed Spinach with Ginger**

Keep to your timeline by using bottled minced garlic, canned chicken broth and tomatoes and putting HOT water on to boil for the pasta. Pre-washed spinach and bottled, minced ginger will move the spinach along as well.

Chicken Breast with Tomato and Capers

30 minutes

4 chicken breast, skinned and boned
1 cup flour
2 T. olive oil
2 T. margarine or butter
2 tsp. minced garlic (about 2 medium cloves)
1/2 cup white wine (or chicken broth)
2 cups fresh chopped tomatoes or 15 oz. can diced tomatoes
2 T. capers
Salt and fresh cracked pepper to taste

Cut each breast into 4 pieces, place between 2 pieces of plastic wrap and pound with a mallet (or heavy small skillet) until about 1/4 inch thick.

Heat a large frying pan until hot; add the oil and butter and melt until hot but not smoking. Add the garlic and lower the heat. Sauté until garlic is toasty brown. In the meantime, place the flour on a dish or paper towel and dredge each piece of chicken in the flour and place in the pan. Sauté about 2 minutes per side and place on a warmed platter and cover with foil.

Remove the pan from the flame and add the wine; return carefully to the burner. Scrape all the goodies from the bottom of the pan and continue on high heat until the wine is reduced by one third. Add the tomatoes and caper. Salt and pepper to taste. Spoon a bit of the sauce over the chicken; place the rest into a serving dish and pass with the pasta.

Tip: Don't rinse pasta after cooking and before serving. You want it to be a bit sticky so that sauce adheres to the pasta. If the pasta is ready before the rest of the dinner, drain but save the water. Right before serving, pour the hot water over the pasta to re-heat and drain again.

Penne Pasta

3 cups Penne pasta
1 tsp. salt

Bring a large pot of salted water to a boil and add the pasta. Cook until just al dente...just a touch of chew. Drain and serve immediately.

Sautéed Spinach with Ginger

Two bunches of fresh spinach or bag of pre-washed
2 T. olive oil
1 T. fresh grated ginger
Salt to taste

I suggest that you buy spinach that is already washed and de-stemmed. If you buy it in the bunch, you'll have to allow more time to clean the spinach and remove the stems. Fill a sink or large bowl with cold water and add the spinach and swish around with your hands. Remove spinach, change water out and repeat. Continue until there is no more sand in the bottom. Nothing worse than gritty spinach! Drain well. You can use a salad spinner to remove most of the water.

Grate the fresh ginger on a grater or to save time, use bottled, grated ginger.

Heat a large skillet or wok and add the oil. When hot, add the ginger and stir with a wooden spoon or spatula until it begins to brown. Add all of the spinach (it will spatter so be careful). Use tongs to turn until it is just wilted. Don't over do...it will get soggy. Serve immediately.

Shopping List

Check your pantry for the following and add to the list below if you are out:

Flour	Olive Oil	Margarine
Fresh Garlic	White Wine (or broth)	Capers
Salt	Fresh Cracked Pepper	

Here's what you'll need from the store and what you'll need it for:

_____ 4 skinless, boneless chicken breast
_____ Penne Pasta
_____ 15 oz. can diced tomatoes (chicken) **or**
_____ 2 large fresh tomatoes
_____ 2 bunches spinach
_____ Fresh ginger (spinach)

Timetable

30 minutes to dinner:

- Prepare chicken breast pounding to about 1/4 inch thickness

- Assemble all ingredients for the chicken recipe

25 minutes to dinner:

- Put a pot of hot salted water on to boil for the pasta
- Set the table

20 minutes to dinner:

- Sauté chicken and place on a platter; cover with foil to keep warm
- Make the sauce, turn off the heat and let it set
- Take your favorite beverages to the table

15 minutes to dinner:

- Add pasta to the water

7 minutes to dinner:

- Check the pasta (it should be al dente...still with a bit of chew); drain and set aside but save the pasta water, leaving the pasta in a colander
- Heat the oil for the spinach in a wok or large skillet
- Add the ginger and let it begin to brown
- Add the spinach and turn frequently until it is wilted; salt and pepper to taste

Dinnertime:

- Re-heat the sauce
- Re-heat the pasta by pouring the pasta water over the noodles; drain again
- Place the pasta in a large shallow serving dish, put chicken on top and drizzle with the sauce
- Put spinach in serving dish and take it all to the table. Dinner is ready!