

Penne Pasta

1 tablespoon olive oil
small onion diced (I used dried onion flakes)
1 lb of chicken breasts, cut into 1/2 inch strips (I use frozen breast tenders)
Lemon/herb seasoning (McCormick)
Red bell pepper sliced
1 and 1/2 cups ripe olives, sliced or diced
1 small jar marinated artichoke hearts
4 cups of hot cooked penne pasta or rigatoni (8 oz)
parmesan cheese

heat oil

cut chicken in bite size pieces/ add lemon/herb seasoning (I add enough to cover all the pieces) and saute in hot oil

add onion and bell pepper until tender

add artichokes with juice and olives

combine with hot pasta and add parmesan to taste

Enjoy!

Love, dottie