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## **Penne With Asparagus & Chicken**

**Serves 4**

### **INGREDIENTS:**

- 1 lb penne pasta
- 1 1/2 lb chicken tenderloin cut in small pieces
- flour for dredging
- salt & black pepper
- 1/4 cup corn oil
- 1 1/2 lb asparagus cut in 2" pieces
- 2 tsp garlic, chopped
- 1/2 cup pesto
- 1 1/4 cup heavy cream
- 1 cup water
- 1/4 cup parmesan cheese, grated
- 1/4 cup cheddar cheese, grated

### **PROCESS:**

Cook penne in boiling water for 10 minutes, drain and cool.

Season the flour with salt & pepper and coat the chicken with mixture.

Heat the oil in a medium size, heavy frying pan. Brown the chicken on both sides, in stages, until all pieces have been cooked.

Return all chicken to pan, add asparagus and cook for 2 minutes.

Add garlic to pan and cook for 30 seconds. Add additional tsp of corn oil if needed.

Add pesto, cream and water. Bring to boil, add cheese and stir until smooth. Simmer 1 - 2 minutes.

Fold in pasta. Serve immediately.