

# THE GOODLIFE SOCIETY RECIPE COLLECTION

From the Dr. Kosta & Dave TV Show

## **BOW TIE PASTA with CHICKEN and WALNUTS**

### **Ingredients:**

½ cup walnuts  
1 cup crumpled Feta cheese  
4 boneless chicken breasts  
1 cup chopped scallions  
½ cup sundried tomatoes in olive oil  
½ cup fresh basil  
8 cloves roasted garlic  
1 cup light cream/half 'n half

### **Procedure:**

- 1) In blender, puree scallions and sundried tomatoes with roasted garlic and basil and 1/4/ tsp cracked pepper. Once blended, add cream and blend thoroughly. Keep warm on low heat in saucepan.
- 2) Toast walnuts in frying pan for 5-10 minutes until browned. Then chop coarsely.
- 3) In sauce pan, add 2 Tbsp olive oil and sauté chicken breasts until brown and just cooked.
- 4) Boil pasta until done, approximately 15 minutes.
- 5) Cut chicken into thin slices.
- 6) Drain the pasta
- 7) In large bowl, combine puree with pasta, chicken and walnuts and crumbled Feta.
- 8) Sprinkle with small amount of chopped fresh basil.