

GET COOKIN'!

INSTRUCTIONS:

Place all your ingredients and cooking tools on the counter near your cooking area.

Bring a large pot of salted water to a boil.

Add pasta to pot of boiling water and cook according to package instructions. Using a slotted spoon or handled strainer, transfer the pasta to a bowl and set aside.

Pat the chicken with paper towels on both sides until totally dry. Sprinkle salt and pepper on both sides of each piece of chicken. Add olive oil to a large skillet and heat over medium–high heat. Using tongs, place the chicken in the pan and cook on medium–high until both sides are browned and chicken is fully cooked, about five minutes per side.

Using a fresh set of clean tongs, remove the cooked chicken from the pan and let rest on a plate. Put the large skillet with the fond (the little bits stuck to the bottom of the pan) back onto the stove top—you will be using the pan again.

Add the butter to the pan used to cook the chicken and melt it slowly over medium heat. When the butter has melted, add the minced garlic and capers and cook, stirring with a wooden spoon to keep the garlic from scorching and to scrape up the fond, until fragrant, about one minute. Turn off the heat.

Next, transfer the pasta to the pan with the garlicky butter sauce. Season with salt and pepper and gently stir until all of the pasta has been coated with the sauce.

Divide the pasta equally among the serving dishes and put one piece of cooked chicken on top of each plate of pasta. Serve topped with grated or shaved Parmesan and chopped parsley (optional).

ENJOY!

RAW FACTS ABOUT CHICKEN

- Wash hands with warm, soapy water for 30 seconds before and after handling chicken
- Do not wash raw chicken. During washing, chicken juices can spread in the kitchen and contaminate other foods, utensils, and countertops.
- Use a separate cutting board for raw chicken
- Never place cooked food or fresh produce on a plate, cutting board, or other surface that previously held raw chicken
- Wash cutting boards, utensils, dishes and countertops with hot soapy water after preparing chicken and before you prepare the next item
- Use a food thermometer to make sure chicken is cooked to a safe internal temperature of 165°F
- Refrigerate or freeze leftover chicken within 1-2 hours