

Tequila Chicken Pasta

Author: Adapted from a Philis Carey recipe in *Fast & Fabulous Chicken Breasts*



CHICKEN:

4 whole boneless skinless chicken breast halves

Salt and pepper to taste

2 tablespoons olive oil

SAUCE:

1 tablespoon olive oil

1 large onion, chopped

5 cloves garlic, minced or mashed

2/3 cup chicken broth

14 1/2 ounces canned tomatoes, diced, including juice

3/4 cup tequila

2 teaspoons ground cumin

1/2 teaspoon ground coriander

1 tablespoon chili powder

1/8 teaspoon cayenne

6 tablespoons fresh lime juice, [I used lemon]

8 ounces pasta, bowtie, or your choice

1/4 cup fresh cilantro, chopped

3/4 cup Feta cheese, preferably sheep's milk, crumbled

3 whole green onions, chopped

Description: Probably best for adult tastes, although the alcohol surely boils off in the simmering sauce

Notes: This dish would lend itself well to shrimp in lieu of chicken.

1. Trim chicken and cut into thin strips, 2" x 1/2" x 1/2". Season with salt and pepper. Heat the oil in a wok or large skillet over medium high heat. Add the chicken and toss until almost cooked through, 2-3 minutes. Remove chicken from pan with a slotted spoon.

2. Add additional oil to pan and add the onions. Cook them for about 5 minutes until they're nearly tender. Add the garlic and stir briefly (about a minute). Then add chicken broth, tomatoes, tequila, chili powder, cumin, coriander and cayenne. Bring this mixture to a boil, then reduce heat and simmer until sauce has just begun to thicken slightly, no more than 15 minutes. (You actually want ample soupy-sauce as the pasta absorbs some of it.)

3. Meanwhile, bring a large pot of water to a boil and cook the pasta until it's al dente. Reserve about 1/2 cup of pasta water, then drain the pasta.

4. Into the tomato sauce add the lime juice and chicken (including any juices). Simmer until the chicken is cooked through, about 1-2 minutes. If the pasta is too dry, add about 2 T. of pasta water to it, and add more if needed.

5. Add the pasta to the sauce along with half the cilantro and toss it to coat with the sauce. Serve with Feta, green onions and cilantro on top.

Serving Ideas: Leftovers might require thinning down with a little more water since the pasta will have absorbed all of the fluid.

Per Serving (excluding unknown items): 663 Calories; 19g Fat (30.9% calories from fat); 42g Protein; 56g Carbohydrate; 4g Dietary Fiber; 93mg Cholesterol; 699mg Sodium. Exchanges: 3 Grain(Starch); 4 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 3 Fat.

Carolyn T's Tasting Spoons blog:

<http://tastingspoons.com>