

Chicken Garden Medley

Notes:

1 pound boneless skinless chicken breasts, cut into strips
1 garlic clove, minced
¼ cup butter or margarine, divided
1 small yellow squash, julienned
1 small zucchini, julienned
½ cup each julienned green and sweet red pepper
¼ cup thinly sliced onion
2 tablespoons all-purpose flour
½ teaspoon salt
¼ teaspoon pepper
¾ cup chicken broth
½ cup half-and-half cream
8 ounces angel hair pasta, cooked and drained
2 tablespoons shredded Parmesan cheese

In a large skillet over medium-high heat, sauté chicken and garlic in 2 tablespoons butter for 10-12 minutes or until chicken juices run clear. Add vegetables; cook until crisp-tender. Set aside.

In a small saucepan, melt remaining butter. Add flour, salt and pepper; stir to form a smooth paste. Gradually add broth, stirring constantly. Bring to a boil; cook for 2 minutes or until thickened. Stir in cream and heat through.

Pour over chicken and vegetables; stir until well mixed. Place pasta in a greased 2 qt. Baking dish. Pour chicken mixture over top. Sprinkle with Parmesan cheese. Cover and bake at 350 degrees for 20 minutes; uncover and bake 10 minutes longer. Makes 4-6 servings

This dish uses one of the summer's plentiful favorites in Kansas...Zucchini! People have been known to ring your doorbell, leave a pile and run. It is a wonderful inexpensive vegetable in the summer and also available through the grocer in the winter months, when you are just in need of a taste of the summer months.