

# Pesto Chicken "Pasta"

Recipe By Aviva Kanoff



Cooking and Prep:  45  
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Serves:  4

Contains: 

Preference: Meat

A gluten free meal of spaghetti squash and chicken strips, with homemade pesto sauce.

Difficulty: Easy

Occasion: Passover

Diet: Gluten Free

Source: Whisk by Ami  
Magazine

## Ingredients (13)

### For the Chicken

- 4 large chicken breasts, cut into 1-inch thick strips
- 2 tablespoons **Gefen Olive Oil**
- 2 cups spaghetti squash, cooked and shredded
- 1/2 cup sun-dried tomatoes
- 1 bell pepper, cut into thin strips *(optional)*

salt, to taste

pepper, to taste

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## Walnut Pesto

2 cups fresh basil leaves, stems removed

2 cups walnuts

5 cloves garlic or 5 cubes **Gefen Frozen Garlic**

1 cup **Gefen Olive Oil**

salt, to taste

pepper, to taste

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## Start Cooking

### Prepare the Pesto

Yields 2 cups.

1. Blend all pesto ingredients in a blender or food processor until smooth.

#### Variation:

For a dairy version, add 1/2 cup parmesan cheese to the pesto and omit chicken from the recipe below.

### Prepare the Chicken

1. Marinate chicken strips in one cup pesto for about 30 minutes.
2. Heat oil in a sauté pan over medium heat. Add chicken and sauté until chicken is cooked through, about 7-10 minutes.
3. Add spaghetti squash, sun-dried tomatoes, and bell pepper.
4. Season with salt and pepper, mix, and serve.