Chicken and Broccoli in Lemon Sauce
Makes 6 servings

Ingredients:
- 1 12 ounce box pasta, any shape
- 4 cloves garlic, sliced thinly
- 4 tablespoons olive oil
- 1 pound boneless skinless chicken breasts, cut in thin strips
- 1 bunch broccoli, cut in bite size pieces (1 1/3 pounds)
- 4 tablespoons lemon juice
- ¼ cup grated Parmesan cheese
- black pepper to taste

Directions:
1. Cook pasta and drain, reserving ½ cup of the pasta water.
2. In frying pan, sauté garlic in oil on low flame.
3. Add sliced chicken and sauté about 10 minutes.
4. Add broccoli and sauté 5 additional minutes.
5. Add reserved pasta water and lemon juice and heat through.
6. Toss cooked chicken and broccoli mixture with pasta.
7. Sprinkle with Parmesan cheese.

Source: Eat Smart New York! Recipe Book