Chicken and Vegetable Pasta

Servings: 4  
Serving size: 1 cup  
Prep Time: 10 mins  
Cook Time: 20 mins  
Calories Per serving: 364  
Carbohydrates: 27g  
Protein: .27g  
Fat: 16g

Ingredients
1 packet (200 grams) Penne Pasta (or pasta of your choice)  
4 cloves Garlic, minced  
Salt and Pepper to taste  
2 cups vegetables eg. cooked callaloo, broccoli, sweet peppers, string beans, tomatoes, etc

4 Chicken Breasts, diced  
1tsp. Thyme leaves

1/4 cup chopped Escallion  
2 Tbsp. Vegetable Oil

Method
1. Season chicken breasts with garlic, salt, pepper and thyme leaves.
2. Bring a large pot of water to a boil. Add salt. Add the pasta and cook according to the time on the package.
3. Heat a pan large enough to hold your pasta and vegetables and add your oil. When the pan is hot, add the chicken. Allow the chicken to brown lightly but do not overcook.
4. Add your prepared vegetables of choice and toss lightly to combine.
5. Add cooked pasta and stir to combine. Finish by stirring in your chopped escallion.

Variations:  
Spicy - Add hot pepper when seasoning  
Tomato: Add a tomato or pasta sauce after adding the pasta  
Vegetarian: Replace chicken with tofu strips or other meat substitute

N.B: Save some of your cooked pasta water to use to add extra moisture to the dish if needed during cooking.