

Angels Cook Book



Pesto Pasta with Chicken

1 (16 ounce) package bow tie pasta	1 pinch crushed red pepper flakes, or to taste
1 teaspoon olive oil	½ cup pesto sauce
2 cloves garlic, minced	⅓ cup oil-packed sun-dried tomatoes, drained and cut into strips
2 skinless, boneless chicken breasts, cut into bite-sized pieces	

Instructions:

Bring a large pot of lightly salted water to a boil. Add pasta and cook until al dente, 8 to 10 minutes; then drain.

Heat oil in a large skillet over medium heat. Sauté garlic until tender, then stir in chicken and season with red pepper flakes. Cook until chicken is golden and cooked through.

Combine pasta, chicken, pesto, and sun-dried tomatoes in a large bowl; toss to coat evenly.

Nutritional Information

Serving Size: 8 servings • Calories: 328

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Tiramisu

6 large egg yolks	¼ cup strong brewed coffee, at room temperature
¾ cup white sugar	2 tablespoons rum
⅔ cup milk	2 (3 ounce) packages ladyfinger cookies
1 ¼ cups heavy cream	1 tablespoon unsweetened cocoa powder
½ teaspoon vanilla extract	
1 pound mascarpone cheese, at room temperature	

Instructions:

Whisk together egg yolks and sugar in a medium saucepan until well blended.

Whisk in milk and cook over medium heat, stirring constantly, until mixture comes to a boil.

Boil gently for 1 minute, then remove from the heat and allow to cool slightly.

Cover tightly and chill in the refrigerator for 1 hour.

Beat cream and vanilla in a medium bowl with an electric mixer until stiff peaks form.

Remove egg yolk mixture from the refrigerator; add mascarpone cheese and whisk until smooth.

Combine coffee and rum in a small bowl. Split ladyfingers in half lengthwise and drizzle with the coffee mixture. Arrange 1/2 of the soaked ladyfingers in the bottom of a 7x11-inch dish.

Spread 1/2 of the mascarpone mixture over the ladyfingers, then spread 1/2 of the whipped cream over top. Repeat layers once more.

Sprinkle cocoa powder over top.

Cover and refrigerate until set, 4 to 6 hours.

Nutritional Information

Serving Size: 12 servings • Calories: 387

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