

Angels Cook Book



Chicken & Asparagus with Penne Pasta

1 pound chicken breast tenderloins	2 tablespoons butter
1 pinch garlic salt, or to taste	¼ cup grated Parmesan cheese
1 pinch seasoned salt, or to taste	2 tablespoons olive oil
1 pound uncooked penne pasta	1 pinch garlic salt, or to taste
1 pinch garlic salt, or to taste	1 pound fresh asparagus, trimmed and cut crosswise into thirds

Instructions:

Preheat oven to 375°F (190°C).

Cover a baking sheet with aluminum foil.

Spread the chicken breast tenderloins on the baking sheet and sprinkle with garlic salt and seasoned salt.

Bake chicken in the preheated oven until no longer pink in the center and the juices run clear, about 15 minutes. Set aside; when cool enough to handle, cut tenderloins into bite-size pieces.

Fill a large pot with lightly salted water, bring to a boil, and stir in penne. Cook pasta at a boil, stirring occasionally, until penne are cooked through but still slightly firm, about 11 minutes; drain.

Transfer penne back to cooking pot and stir in butter and Parmesan cheese until pasta is coated.

Heat olive oil in a skillet over medium heat; place asparagus into the hot oil and sprinkle with garlic salt. Cook and stir until asparagus are tender, about 7 minutes.

Transfer penne pasta into a large serving bowl and top with asparagus and chicken tenderloin pieces. Lightly mix asparagus and chicken into the pasta to serve.

Nutritional Information

Serving Size: 6 servings • Calories: 458

www.allrecipes.com/recipe/220418/chicken-and-asparagus-with-penne-pasta/



Chef John's Strawberry Ice Cream

12 ounces fresh strawberries, hulled	2 cups heavy whipping cream
1 teaspoon vanilla extract	1 tiny pinch salt
¾ cup white sugar	2 drops red food coloring (Optional)
1 cup milk	

Instructions:

Place strawberries and sugar in a blender and pulse until pureed; set aside to steep for 10 minutes.

Pour cream, milk, vanilla extract, and salt into strawberry mixture; blend until smooth and slightly thickened, 10 to 15 seconds. Whisk red food color into cream mixture.

Pour strawberry mixture into the container of an ice cream maker and process until thick according to the manufacturer's instructions.

Transfer ice cream to a sealable container, cover the ice cream with plastic wrap, seal the container, and freeze, 2 hours to overnight.

Nutritional Information

Serving Size: 12 servings • Calories: 205

www.allrecipes.com/recipe/238034/chef-johns-strawberry-ice-cream/