

Chicken to Pasta

Watch the video featuring a real farm family in Manitoba and then try the recipe below using one or more ingredients found on their farm.

Videos courtesy of [Great Tastes of Manitoba](#) | Recipe courtesy of [Manitoba Chicken Producers](#)



Family Owned Chicken Farm

Meet Jake - a second generation Manitoba chicken farmer. Jake and his family work together everyday, but still manage to find time to have fun thanks to technological advances that have made it easier for them to monitor the wellbeing of their animals.

<https://youtu.be/KSNI38ubekg>



Are chickens kept in cages?

Chickens raised for meat (**broilers**) on registered farms are not kept in cages. They are kept inside barns to protect them from weather, predators, and disease using a free-run system where the chickens can move around freely along the barn floor. Raising chicken in barns also allows farmers to control the temperature and humidity inside the barn and chickens always have access to clean water and nutritious grain-based feed at all times.

LEARN MORE:

[snapAg: Chicken Housing](#)
[Manitoba Chicken Producers](#)
[Chicken Farmers Of Canada](#)
[FarmFood 360 - Chickens](#)

CHICKEN WITH ROTINI, TOMATOES & FETA

Ingredients

- 3 boneless skinless chicken breasts
- 1 Tbsp canola oil
- 3 cups dry rotini pasta
- 5 Roma tomatoes, diced
- 1 small red onion, minced
- 12 pitted black kalamata olives, sliced lengthwise
- 3 Tbsp balsamic vinegar
- 2 Tbsp olive oil
- 2 Tbsp chopped fresh basil
- 8 oz Feta cheese
- ½ tsp black pepper

Method

1. Cut chicken into bite size pieces.
2. Put a large pot of water on to boil. Cook rotini according to the package instructions (about 8-10 minutes or to al dente) and drain well.
3. In a non-stick pan over medium high heat, sauté chicken in canola oil until nicely browned and no pink remains (about 7-10 minutes).
4. In a large bowl, mix tomatoes, onion, olives, vinegar, olive oil, pepper and basil. Crumble Feta over top and stir in.
5. Add cooked drained pasta to chicken mixture and combine.
6. Serve hot or refrigerate and serve as a cold pasta salad.



<https://youtu.be/ZOYDz-UoeUA>

Servings **4-6** | Total time **25 minutes**

Grown by Manitoba Farmers