

Spaghetti with Chicken, Lemon, and Feta

Serves 2

4 to 5 oz. whole wheat spaghetti
dried oregano
1 medium chicken breast, about 6 oz., cut into bite sized pieces
1.5 Tbsp. extra virgin olive oil, divided
3 cloves garlic, minced
1 lemon, zested and juiced
2 oz. feta cheese, crumbled
2 Tbsp. chopped parsley

Bring a large pot of water to a boil. Add a big pinch of salt and the spaghetti. Cook until al dente, reserving about 1/3 - 1/2 cup of the starchy pasta water.

Meanwhile, season the chicken with salt, pepper, and oregano. Heat a large heavy-bottomed skillet over medium heat and add 2 tsp. oil. Add the chicken to the hot oil and cook until nearly done. Stir in the garlic and cook until fragrant and chicken is cooked through.

Add the pasta, lemon zest (I like it lemony so I use nearly all the zest; use your judgment), and starchy water (you may not need it all), salt and pepper to taste. Toss with the chicken for a minute or two. Stir in the lemon juice, feta, parsley, and remaining 2.5 tsp. olive oil. Sprinkle with parsley just before serving.