

# GARLIC PASTA

By: Melissa Shipman  
[HeadquartersbyShip.com](http://HeadquartersbyShip.com)

## Ingredients:

- Garlic (1-2 bulbs depending on how many servings, I use 1 bulb for two people)
- Extra Virgin Olive Oil
- McCormick Italian Seasoning (with the grinder)
- Black Pepper
- Red Pepper flakes (optional for extra heat)
- Pasta
- Parmesan Cheese (fresh grated)
- Fresh Basil (for garnish)
- Chicken Breasts
- Peruvian Gold Grilling Sauce by Tobago Keys
- Salt (for the pasta water)

## Directions:

- 1 Get all your ingredients out and ready to go.
- 2 Grill your chicken and be sure to glaze several layers of the Peruvian Gold on there so your chicken has a nice, caramely-glaze on it. Keep warm. You can bake the chicken in the grilling sauce as well, but it doesn't taste as good as when it is grilled.
- 3 Peel and chop garlic.
- 4 Put garlic in a little sauce pan (I like to use a metal 2 cup measuring cup, but you can use the smallest cooking pan you have) and add enough olive oil to cover the garlic completely and have about 1/8 to 1/4 inch of oil above the garlic. Add 5-6 grinds each of the Italian seasoning and black

pepper (and also add some red pepper flakes if you like a little heat).

- 5 Get your pot ready to cook the pasta (fill pot with salted water and set to boil).
- 6 Place your pan of garlic olive oil on your burner on low to simmer. Be sure to watch the garlic, because depending on how your burner cooks, it could start to boil and cook too quickly. You want to cook the garlic until it's al dente (to where it's no longer spicy and raw tasting, but you don't want it too soft and mushy).
- 7 Cook pasta al-dente.
- 8 Assemble your pasta: noodles, garlic olive oil, add chicken, then top with parmesan, and garnish with fresh basil.