

## Jess's Chicken/ Veggie Stuffed Shells

2 boneless skinless chicken breast

Fresh garlic

1 TBL Italian Seasoning herb blend (use fresh or dried)

4 TBL Olive Oil

Salt & Pepper to taste

1 crown finely chopped Broccoli

1 chopped small Red bell pepper

1 each chopped small  $\frac{1}{2}$  Yellow and  $\frac{1}{2}$  green squash

$\frac{1}{2}$  chopped small onion

$\frac{1}{2}$  c shredded fresh parmesan cheese

$\frac{1}{2}$  c cubed fresh mozzarella cheese

Jar of favorite red sauce or homemade ☺

Mix 2 TBL Olive oil, Italian herb blend, salt & pepper, 1 garlic clove grated fresh, mix together and brush over chicken breast and bake in oven @ 400 degrees for 10 minutes on each side or until juices run clear. Let cool and chop into pieces.

Add all chopped veggies into skillet with 2 TBL olive oil, sautéed for 10 min. leave a little crunchy. Mix chopped veggies, chopped chicken, parmesan cheese, mozzarella cheese together in a bowl and stuff your shells, (cook pasta shells- follow box directions). Pour your favorite red sauce in the bottom of a 9 x 13 glass dish, place your stuff shells in the red sauce and cover with foil, place in 350° oven for 30 minutes covered with foil, remove foil for the last 10-15 minutes until melted and bubbly. Just Delicious!!!!!!!!!!!!!!