

# Michael's Spaghetti with Chicken and Vegetables

## Ingredients

1 lb. box of spaghetti	2 teaspoons of salt
1 jar of spaghetti sauce	½ teaspoon of red pepper flakes
2 Tablespoons of olive oil	1 pound of chicken tenders
1 Cup of diced onions	1 container of chopped zucchini
2 teaspoons of minced garlic	Parmesan cheese

1. **\*Wash your hands\***
2. Fill the stock pot half-way full with water. Put the lid on and place it on the big burner of the stove. **Turn the burner on "high"**
3. Put the big frying pan on the other big burner of the stove. **Turn burner to Medium (in the middle)**
4. Add 2 Tablespoons of olive oil to the frying pan.
5. When the olive oil gets hot, add chicken tenders.
6. **\*Wash your hands\*** (*Always wash your hand after you touch raw meat*)
7. Add 2 teaspoons of salt and ½ teaspoon of red pepper flakes.
8. Spread the chicken tenders out so they are not piled on top of each other.
9. Cook the chicken tenders for 5 minutes, then turn them over.
10. While chicken tenders are cooking on the second side, add onions and garlic. Gently stir to combine.
11. When the water comes to a boil, add 1 Tablespoon of salt. **Turn the burner down to Medium (in the middle)**. Add spaghetti and stir. Cook the spaghetti for 8-10 minutes.
12. While the spaghetti cooks, **turn the frying pan burner down to 'Low'**.
13. Add the spaghetti sauce and zucchini to the frying pan with the chicken. Gently stir.
14. When the spaghetti is cooked, **turn off the burner for the spaghetti water**. **CAREFULLY** pour the spaghetti and water into a colander to drain the spaghetti.
15. Add the drained spaghetti to the frying pan. Gently stir.
16. Add ¼ Cup of parmesan cheese to the spaghetti and stir.
17. **MAKE SURE ALL OF THE BURNERS ARE TURNED OFF**