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Here's a very easy meal that is loaded with flavor. The roasted tomatoes add an amazing touch to this and are absolutely worth making. This is what you need for this:

12 oz. cooked spaghetti

8 small tomatoes like Campari or an 8 oz. container of cherry or grape tomatoes, halved

Olive oil, thyme, granulated sugar, salt and pepper

2 tablespoons balsamic vinegar

6 asparagus, trimmed and quartered

Parmesan cheese

Heat oven to 400 degrees.

Place tomatoes on a roasting pan, drizzle with olive oil and sprinkle granulated sugar. Season with salt, pepper and thyme. Toss well to coat all the tomatoes.

Roast the tomatoes for 30 to 35 minutes, shaking roasting pan occasionally. Drizzle the tomatoes with the balsamic vinegar and roast for an extra 10 minutes.

While the tomatoes are roasting pan fry the chicken. Season the tenders with salt and pepper. Spray a large skillet and heat it. Fry the chicken tenders until browned and flip. Cook the other side until browned and cooked through, about 8 minutes total. Dice the chicken and remove from the skillet. Wipe it down.

Add a little olive oil to the skillet and season lightly with salt and pepper. Cook, shaking the pan, until cooked through but still crisp - about 6 minutes.

Return the chicken to the skillet. Add in the cooked pasta and heat through. Toss well and serve. Top with the roasted tomatoes and some Parmesan cheese. Enjoy!

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