Spicy Spaghetti with Grilled Chicken

Ingredients:
7 ounces whole wheat spaghetti
1/2 teaspoon minced garlic
1 1/2 teaspoon chili pepper flakes
1 1/2 Tablespoon olive oil
1/2 teaspoon black pepper
1 pound cooked, grilled chicken breast, cut into strips

Directions:
1. Cook spaghetti according to the directions on the package, until it is al dente.
2. Strain spaghetti and place in a large serving dish.
3. Add minced garlic, chili pepper flakes, olive oil, and pepper, and mix together well.
4. Grill chicken breasts, cut into strips, and stir into spaghetti.
5. Serve warm or at room temperature.