

## Chicken Zoodles

### Ingredients:

- 1 zucchini
- Cooking Spray
- Dash of garlic powder
- Salt and Pepper to taste
- 2 oz. baked skinless chicken breast (sliced)

### Directions:

1. Prepare Zucchini noodles using a vegetable spiralizer or peeler
2. Heat skillet, once skillet is hot, add the cooking spray and zucchini.
3. Cook zucchini for about 5 minutes adding the garlic powder, salt, and pepper and mixing to coat well.
4. Remove from heat and serve with sliced chicken.



### Nutrition Information:

Serving size\*: 1

Calories per serving: 210

Total protein per serving: 21g

Servings per recipe: 1

Total fat per serving: 8g

Total carbohydrates per serving: 10g

### Nutritional Benefits:

Zucchini is a very good source of Vitamin C.

\*Serving size that is suggested for post-operative bariatric patients

Recipe adapted from: Slim Sanity (2016). Garlic Zucchini Noodles. Slim Sanity. Retrieved from:

<http://www.yummly.com/recipe/external/Garlic-Zucchini-Noodles-1534779>

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