

Lemon Garlic Chicken Zoodles

Prep: 15

Cook: 15



Serves: 4



Ingredients:

- 4 medium zucchinis, spiralized
- 10oz chicken breasts, diced
- 1 cup cherry tomatoes, cut in half
- 2 garlic clove, minced
- 1 tbsp. lemon juice
- 1 tsp salt
- Black pepper (to taste)
- 2 tbsp. Parmesan cheese
- 0 calorie non-stick spray

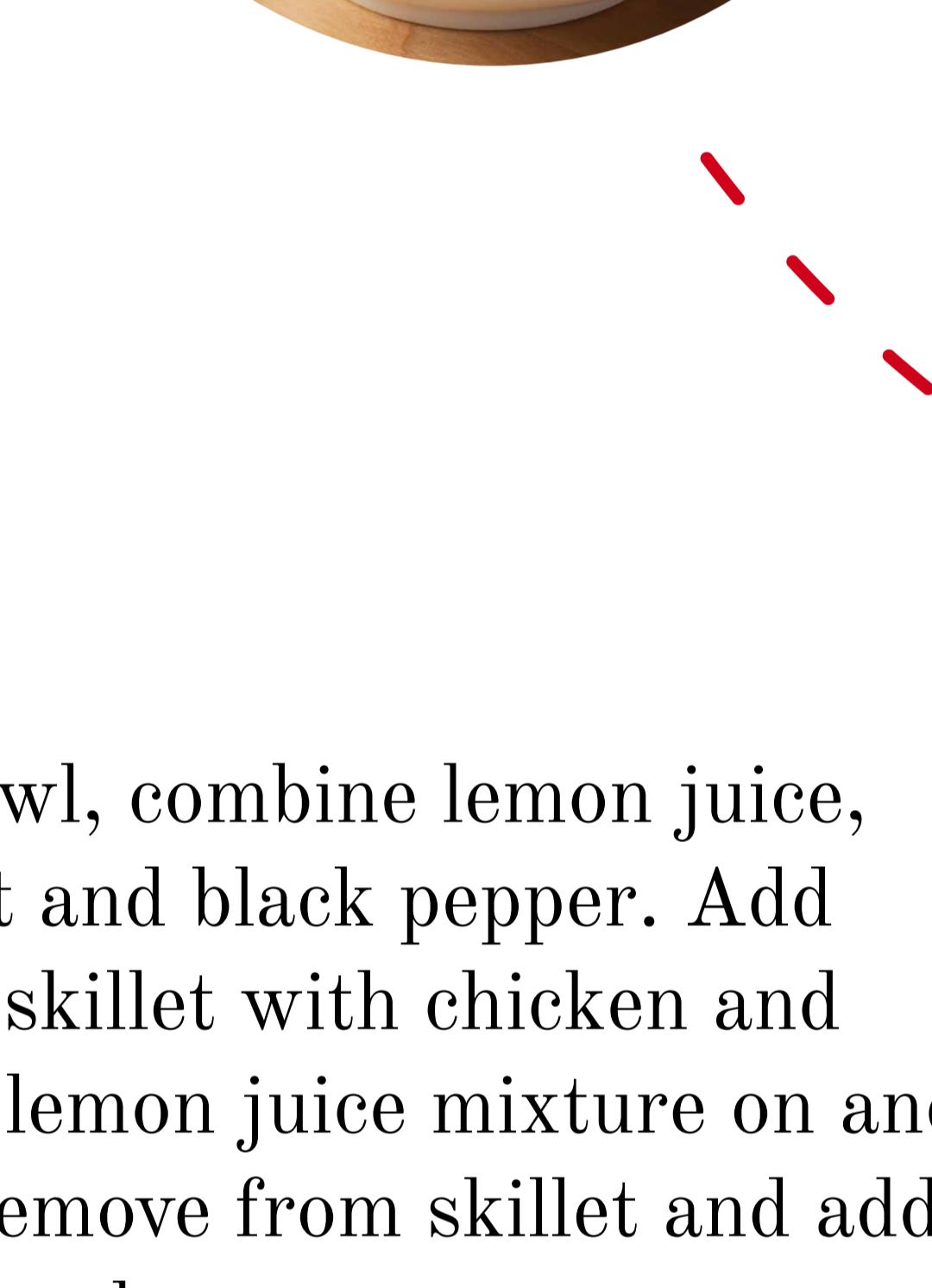


Follow these 4 easy steps:



1

1. With a medium high heat skillet on, spray 0 calorie spray and add spiralized zucchini noodles. 3-4 minutes. Remove noodles and allow to drain in a colander.



2

2. In the same skillet, spray non-stick and add diced chicken. Cook until no longer pink, about 8 minutes. Add tomatoes and turn heat to low. Simmer for 5 minutes.



3

3. In a small bowl, combine lemon juice, garlic clove, salt and black pepper. Add zoodles back to skillet with chicken and tomatoes. Pour lemon juice mixture on and stir together. Remove from skillet and add 2 tbsp of parmesan cheese.

And voila! It's done!

Thank You to Melanie from 517 Fitness for this recipe!