

Pesto Zucchini Noodles with Chicken



Zucchini noodles are ultra-low in calories and carbs, and they make a great stand-in for pasta. Made with a vegetable peeler, a mandolin, or a Spiralizer. Cook them gently and they'll stay al dente until you're ready to eat them. In this recipe, we topped them with pesto sauce, sautéed mushrooms with garlic, and tender slices of chicken breast.

Total Time: 30 min. | **Prep Time:** 15 min. | **Cooking Time:** 15 min. | **Yield:** 2 servings

Ingredients:

1 tsp. olive oil
½ medium red onion, chopped
2 cloves garlic, finely chopped
1 cup sliced mushrooms

4 fresh basil leaves, finely chopped
2 medium zucchini
1 Tbsp. basil pesto sauce
6 oz. cooked chicken breast, boneless, skinless, sliced, warm

Preparation:

1. Heat oil in medium saucepan over medium-high heat.
2. Add onion; cook, stirring frequently, for 3 to 5 minutes, or until onion is translucent.
3. Add garlic; cook, stirring frequently, for 1 minute.
4. Add mushrooms and basil; cook, stirring frequently, for 3 to 5 minutes, or until mushrooms release liquid. Set aside.
5. Using a vegetable peeler, cut each zucchini into lengthwise strips about ¼ inch thick. Turn zucchini slightly after cutting each strip to work evenly around the outside, stopping when you hit the seeds at the core. Discard cores. Cut slices lengthwise into ½-inch ribbons. Set aside.
6. Add zucchini to onion mixture; cook over medium-high heat, stirring frequently, for 2 to 4 minutes, or until heated through.
7. Add pesto; mix well.
8. Evenly divide zucchini mixture between two serving plates; evenly top with chicken.

Nutrition Facts

Amount Per Serving

Calories	246
Total Fat	9 g
Saturated Fat	2 g
Cholesterol	72 mg
Sodium	172 mg
Total Carbohydrate	12 g
Dietary Fiber	3 g
Sugars	7 g
Protein	31 g

Portions (per serving)

P90X® + P90X2®		
1 Protein	1 Vegetable	1 Fat
P90X3®		
1 Carb	1 Protein	2 Fats
Body Beast®		
2 Proteins	2½ Vegetables	2 Fats
21 Day Fix®		
1½ Green	1 Red	1½ tsp.