



# Garlic Chicken Zoodles

## Ingredients

- 4 x 4 oz chicken breasts, cut into ½ inch pieces
- 4 tbsp extra virgin olive oil
- 4 cloves garlic, minced or crushed
- 4 zucchini, spiralized
- 1 tsp red pepper flakes (optional)
- salt and pepper, to taste

## Directions

1. Heat a large heavy duty pan over medium-high heat. Add olive oil and minced garlic. Cook garlic for 30 seconds to 1 minute or until fragrant (cooked to small pieces). *Be careful not to burn the garlic.*
2. Add chicken, red pepper flakes, salt & pepper. Cook chicken for 5-6 minutes or until golden and cooked through.
3. Toss in spiralized zucchini and cook for 1 minute, then turn off the heat.
4. If you like parmesan cheese, sprinkle some on top and enjoy!

**Healthy Tip:** Olive oil is heart healthy fat!

Calories 267

Total Fat 15 g

Saturated Fat 2 g

Cholesterol 66 mg

Sodium 377 mg

Total Carbohydrate 5 g

Dietary Fiber 1 g

Sugars 2 g

Protein 28 g