



Chicken Scampi Z'paghetti



1/2 of recipe (about 1 1/4 cups noodles with 3 oz. cooked chicken): 293 calories, 10g total fat (3g sat. fat), 525mg sodium, 17g carbs, 4g fiber, 9.5g sugars, 31g protein

Prep: 10 minutes **Cook:** 20 minutes

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Ingredients

8 oz. raw boneless skinless chicken breast
1/4 tsp. each salt and black pepper
1 lb. (about 2 medium) zucchini
1 cup chopped onion
1 1/2 tsp. chopped garlic
2 tbsp. dry white wine
2 tbsp. lemon juice
2 tbsp. light whipped butter or light buttery spread
1 tbsp. grated Parmesan cheese
Optional topping: chopped fresh parsley

Directions

Pound chicken to an even thickness. Season with 1/8 tsp. each salt and pepper. Bring an extra-large skillet sprayed with nonstick spray to medium heat. Cook for about 4 minutes per side, until cooked through.

Meanwhile, using a spiral vegetable slicer like [the Veggetti](#), cut zucchini into spaghetti-like noodles. (If you don't have a spiral veggie slicer, [peel zucchini into super-thin strips](#), rotating the zucchini after each strip.) Roughly chop for shorter noodles.

Transfer chicken to a cutting board. Remove skillet from heat; clean, if needed. Re-spray, and bring to medium-high heat. Cook and stir zucchini noodles until hot and slightly softened, about 3 minutes.

Transfer noodles to a strainer, and thoroughly drain excess liquid.

Remove skillet from heat, re-spray, and bring to medium heat. Add onion and garlic, and cook until mostly softened and browned, about 5 minutes.

Return drained zucchini noodles to the skillet. Add wine, lemon juice, butter, and remaining 1/8 tsp. each salt and pepper. Cook and stir until liquid has reduced, about 3 minutes.

Slice chicken, and serve over noodles. Sprinkle with Parm.

MAKES 2 SERVINGS

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