



Cup o' Zucchini Noodles with Chicken



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Entire recipe: 220 calories, 3.5g total fat (0.5g sat. fat), 755mg sodium, 15.5g carbs, 4.5g fiber, 8g sugars, 30.5g protein

Prep: 15 minutes **Cook:** 25 minutes

More: [Lunch & Dinner Recipes](#), [Single Serving](#)



Ingredients

One 4-ounce raw boneless skinless chicken breast, pounded to 1/2-inch thickness
Dash each salt and black pepper
4 oz. (about 1/2 medium) zucchini
1/2 cube chicken bouillon (about 1 tsp.)
1/2 tsp. garlic powder
1/4 tsp. onion powder
1/2 cup frozen peas & carrots
1/2 cup thinly sliced white mushrooms
1/4 cup chopped scallions

Directions

Bring a skillet sprayed with nonstick spray to medium heat. Season chicken with salt and pepper. Cook for about 4 minutes per side, until cooked through.

Use a spiral veggie cutter like [the Veggetti](#) to 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.

In a wide-mouth, quart-size mason jar, gently break apart bouillon cube into very small pieces. Chop chicken, and add to the jar. Add zucchini noodles and seasonings. Top with remaining ingredients. Seal and refrigerate (if not eating immediately).

Once ready to eat, add 2 cups boiling water. Gently stir. Reseal jar, and let sit for 15 minutes, or until zucchini has slightly softened and bouillon has dissolved.

Stir to mix.

MAKES 1 SERVING

HG Alternative: Once ready to eat, add 2 cups water. Gently stir. Microwave for 6 minutes, or until zucchini has softened and bouillon has dissolved.

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