



Easy-Peasy Peanut Zucchini Noodles with Chicken



1/2 of recipe (about 1 3/4 cups noodles with 2 1/2 oz. chicken): 335 calories, 11.5g total fat (1.5g sat. fat), 864mg sodium, 31g carbs, 5g fiber, 20.5g sugars, 29g protein

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Prep: 5 minutes **Cook:** 15 minutes

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Ingredients

6 oz. raw boneless skinless chicken breast
1/8 tsp. each salt and black pepper
1 lb. (about 2 medium) zucchini
1 cup bean sprouts
1/2 cup Thai peanut sauce/salad dressing with 65 calories or less per 2-tbsp. serving
1/2 cup canned water chestnuts, drained and roughly chopped
1/4 cup chopped scallions
4 tsp. crushed peanuts
Optional topping: additional chopped scallions

Directions

Pound chicken to an even thickness. Season with salt and pepper. Bring a large skillet sprayed with nonstick spray to medium heat. Cook chicken 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. Add zucchini noodles and bean sprouts. Cook and stir until hot and slightly softened, about 3 minutes.

Transfer skillet contents to a strainer, and thoroughly drain excess liquid.

Re-spray skillet and return to medium-high heat. Return drained veggies to the skillet. Add sauce/dressing, water chestnuts, scallions, and 2 tsp. peanuts. Cook and stir until hot and uniform, about 2 minutes.

Slice chicken, and serve over noodles. Top with remaining 2 tsp. crushed peanuts.

MAKES 2 SERVINGS

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