



Z'paghetti alla Vodka with Chicken



1/2 of recipe (about 1 2/3 cups): 365 calories, 9g total fat (4g sat. fat), 876mg sodium, 29g carbs, 7.5g fiber, 15.5g sugars, 38g protein

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Prep: 15 minutes **Cook:** 20 minutes



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Ingredients

8 oz. raw boneless skinless chicken breast
1/8 tsp. black pepper
1/4 tsp. salt
1 cup canned crushed tomatoes
2 tbsp. tomato paste
2 tbsp. grated Parmesan cheese
1 tbsp. vodka
1 1/2 tsp. white wine vinegar
3/4 tsp. Italian seasoning
1/4 tsp. garlic powder
1/4 tsp. onion powder
1/8 tsp. red pepper flakes
1 lb. (about 2 medium) zucchini
1/2 cup frozen peas
1/2 cup chopped onion
2 tbsp. light/reduced-fat cream cheese
2 tbsp. chopped fresh basil

Directions

Pound chicken to 1/2-inch thickness. Season with black pepper and 1/8 tsp. salt. Bring a large skillet sprayed with nonstick spray to medium heat. Cook chicken for about 4 minutes per side, until cooked through. Plate chicken, and cover to keep warm.

In a large bowl, combine crushed tomatoes, tomato paste, Parm, vodka, vinegar, and seasonings, including remaining 1/8 tsp. salt. Mix well.

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

Clean skillet. Re-spray, and bring to medium-high heat. Cook and stir zucchini until hot and slightly softened, about 2 minutes. Transfer zucchini to a strainer, and thoroughly drain excess liquid.

Remove skillet from heat. Re-spray, and return to medium-high heat. Add frozen peas and 2 tbsp. water. Cover and cook for 2 minutes, or until peas have thawed and water has mostly evaporated. Add onion. Cook and stir until veggies have softened and lightly browned, about 4 minutes. Reduce heat to medium low. Carefully add tomato mixture to the skillet. Cook and stir until hot and well mixed, about 2 minutes.

Remove skillet from heat, and add cream cheese. Stir until smooth and uniform.

Add drained zucchini, and stir until hot and well mixed. Divide between 2 medium bowls.

Slice chicken, and add to the bowls. Sprinkle with basil.

MAKES 2 SERVINGS

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