



Chicken & Zoodle Primavera



1/2 of recipe (about 1 1/2 cups): 304 calories, 11g total fat (3g sat. fat), 817mg sodium, 18.5g carbs, 5g fiber, 9.5g sugars, 34.5g protein

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Prep: 15 minutes **Cook:** 10 minutes

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Ingredients

8 oz. raw boneless skinless chicken breast, cut into bite-sized pieces
1 cup chopped broccoli
1/2 cup thinly sliced onion
1/2 cup thinly sliced bell pepper
1/2 cup sliced mushrooms
1/2 tsp. onion powder
1/2 tsp. salt
1/4 tsp. black pepper
2 1/2 tsp. chopped garlic
2 tsp. olive oil
12 oz. (about 1 1/2 medium) spiralized zucchini
3/4 cup cherry tomatoes, halved
2 tbsp. grated Parmesan cheese, or more for topping

Directions

Bring a large skillet sprayed with nonstick spray to medium-high heat. Add chicken, broccoli, onion, bell pepper, mushrooms, onion powder, salt, and black pepper. Cook and stir until chicken is fully cooked and veggies have softened, about 6 minutes.

Stir in garlic and oil. Add zucchini and halved tomatoes. Cook and stir until zucchini is hot and slightly softened, about 2 minutes.

Serve topped with Parm.

MAKES 2 SERVINGS

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