



Naked Chicken Parm Tenders Over Zoodles



1/4 of recipe (about 2 chicken tenders with 1 cup noodles): 337 calories, 10g total fat (3.5g sat. fat), 723mg sodium, 14.5g carbs, 3.5g fiber, 9g sugars, 47.5g protein

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Prep: 10 minutes **Cook:** 25 minutes



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Ingredients

28 oz. (about 4 medium) spiralized zucchini, roughly chopped
1 1/2 tsp. garlic powder, divided
1 1/2 tsp. onion powder, divided
1 1/2 lb. raw boneless skinless chicken breast tenders
1/2 tsp. Italian seasoning
1/2 tsp. salt
1/4 tsp. black pepper
1 cup marinara sauce with 70 calories or less per serving
3/4 cup shredded part-skim mozzarella cheese
Optional topping: grated Parmesan cheese

Directions

Preheat oven to 400°F. Spray a baking sheet with nonstick spray.

Place zucchini on the baking sheet, and season with 1 tsp. garlic powder and 1 tsp. onion powder. Top with chicken, Italian seasoning, salt, pepper, remaining 1/2 tsp. garlic powder, and remaining 1/2 tsp. onion powder. Bake until chicken is fully cooked and zucchini has softened, about 20 minutes, flipping chicken halfway through.

Top chicken and zucchini with sauce. Top chicken with mozzarella. Bake until cheese has melted, about 2 minutes.

MAKES 4 SERVINGS

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