



## Garlic Chicken Zoodles

### Ingredients

- 1 1/2 zucchini, spiralized with SpiralEZ
- 1 chicken breast (cut into 1/2 inch pieces)
- 1 tablespoon olive oil
- 2 cloves garlic (minced)
- 1/4 teaspoon red pepper flakes
- salt
- pepper

### Nutrition

Calories 330		
Calories from Fat 150		
% DAILY VALUE*		
<b>Total Fat</b>	17g	26%
Saturated Fat	3g	15%
Trans Fat		
<b>Cholesterol</b>	75mg	25%
<b>Sodium</b>	550mg	23%
<b>Potassium</b>	1300mg	37%
<b>Protein</b>	29g	57%
<b>Total Carbohydrate</b>	14g	5%
Dietary Fiber	5g	20%
Sugars	9g	18%

\* Percent Daily Values are based on a 2000 calorie diet.

Your Daily Values may be higher or lower depending on your calorie needs.

### Step

1. In a pan, add olive oil and minced garlic on a medium high heat.
2. Add chicken, red pepper flakes and salt & pepper. Cook chicken for 5-6 minutes or until golden and cooked through.
3. Toss in spiralized zoodles and cook for 1 minute then turn off heat. Sprinkle with parmesan cheese if desired.
4. Ready to serve.