

Serves 1

# BASIL POMODORO ZUCCHINI PASTA WITH CHICKEN

---

10 min Prep Time

20 min Cook Time

30 min Total Time

 Save Recipe  
Print Recipe

## Ingredients

- 1 tablespoon extra virgin olive oil
- 1/2 pound boneless chicken breasts, roughly cubed
- salt and pepper, to taste
- 1/4 teaspoon garlic powder
- 1 large clove of garlic, minced
- 1/3 cup diced white onions
- 1 14oz can diced tomatoes (or crushed tomatoes) with juices
- 1-1.5 tablespoon chopped basil
- 2 medium zucchinis, Blade C, noodles trimmed

## Instructions

1. Place a pot/saucepan over medium heat and add in the olive oil. Once the oil heats, add in the chicken. Season with salt, pepper and garlic powder. Cook for 3 minutes and then flip over, cooking another 3-5 minutes or until chicken is cooked through and no longer pink on the inside.
2. Then, add in the garlic and onions and cook for 2-3 minutes or until onions start to soften and become translucent. Then, add in the canned tomatoes and roughly crush the tomatoes with a potato masher or the back of a fork. Bring to a boil and then reduce heat and simmer. Season with salt and pepper and let cook for 5 minutes, add in the basil and cook for another 5-10 minutes or until most of the liquid has evaporated and it is thicker, suitable for cooking with zucchini noodles. Add in the zucchini noodles and toss for 2-3 minutes or until noodles are al dente.
3. Divide into bowls.

<b>Nutrition Facts</b>	
Servings 2.0	
Amount Per Serving	
<b>Calories 272</b>	
<b>% Daily Value *</b>	
<b>Total Fat</b> 8 g	<b>12 %</b>
Saturated Fat 1 g	7 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
<b>Cholesterol</b> 66 mg	<b>22 %</b>
<b>Sodium</b> 117 mg	<b>5 %</b>
<b>Potassium</b> 1660 mg	<b>47 %</b>
<b>Total Carbohydrate</b> 22 g	<b>7 %</b>
Dietary Fiber 6 g	26 %
Sugars 12 g	
<b>Protein</b> 32 g	<b>65 %</b>
Vitamin A	48 %
Vitamin C	140 %
Calcium	9 %
Iron	15 %
<p>* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.</p>	

<http://insprialized.com/spiralizer-recipes/>