



Creamy Garlic Chicken with Zoodles

Serves 4

Ingredients:

- 1 pound of chicken breasts, thinly sliced or diced into about 1” segments
- 2 Tablespoons olive oil or butter
- ½ cup heavy cream
- ½ cup chicken broth
- 1 tsp garlic powder
- 1-2 cloves garlic, minced
- 1 tsp italian seasoning
- ¾ cup parmesan cheese
- 1 cup spinach, fresh or frozen
- 1 cup broccoli, chopped into bit size pieces
- 10-12 grape tomatoes, sliced
- 1 cup of zucchini noodles “zoodles” (Optional)
- May need Corn Starch to help thicken the sauce

Directions:

1. In large skillet, add olive oil or butter and cook the chicken on medium high heat for 3-5 minutes on each side until brown and cooked (no pink!)
2. While chicken is cooking, add the heavy cream, chicken broth, garlic powder, italian seasoning, and parmesan cheese. Whisk over medium high heat until it begins to thicken. Add the broccoli and tomatoes for 2-3 minutes (depending on how “crunchy” you like your broccoli. Add the spinach, simmer until the spinach wilts.
3. Add the sauce to the chicken.
4. Serve by itself or serve over zoodles
5. Enjoy!

Nutritional Value Per Serving

437 calories 6g Total Carbs 2g Fiber 4g net carbs 26g Fat 43g protein