

Zoodle Caprese



Zoodle Caprese is made with sauteed bite-sized chicken breast and spiralized zucchini (zoodles), fresh mozzarella and basil. An easy, low-carb 30-minute meal.

Ingredients

- 1/2 lb boneless skinless chicken breast, cut 1/2-inch cubes
- 1/4 teaspoon dried oregano
- 1 tablespoon olive oil
- 3 garlic cloves, chopped
- 3/4 lb grape tomatoes, cut in half
- pinch crushed red pepper flakes
- Kosher Salt and freshly ground black pepper, to taste
- 1 tbsp chopped fresh basil
- 1 large zucchini, spiralized with Blade D
- 2 oz fresh mini mozzarella balls, cut in half

Instructions

1. Start by spiralizing the zucchini using blade D if you have the Inspiralizer, or the thickest noodle blade your spiralizer has.
2. Season the chicken with 1/2 teaspoon salt, pepper and oregano.
3. In a large non-stick pan set over med-high heat, heat 1/2 tablespoon of the oil.
4. Add the chicken and cook, stirring until browned and cooked through, about 6 minutes. Set aside.
5. Reduce heat to medium, add the remaining oil and garlic and cook until golden, 30 seconds. Add the tomatoes, and crushed red pepper flakes, and season with 1/4 teaspoon salt and black pepper.
6. Reduce the heat to low. Simmer, covered, until the tomatoes soften, 15 minutes.
7. Increase heat to high, stir in the zucchini and basil, season with 1/4 teaspoon salt and cook 2 minutes.

8. Add the chicken back to the skillet along with the mozzarella and serve right away.

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