

One Pan Chicken Zucchini Pasta Recipe



PREP TIME:
10 MINUTES

COOK TIME:
20 MINUTES

TOTAL TIME:
30 MINUTES

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Recipe type: Gluten Free
Yield: 4 Servings

Ingredients:

- 2 Tablespoons Olive Oil
- 1/2 Large Red Onion, Sliced Thin & Long
- 6 Garlic Cloves, Roughly Chopped
- 1.25 Lb. Chicken Breast, Cut Into Bite-Sized Pieces
- 1 Teaspoon Himalayan Sea Salt
- 1 Teaspoon Oregano
- 1/8 Teaspoon Black Pepper
- 1/4 Cup Sundried Tomatoes, Roughly Chopped
- 1.5 oz. Prosciutto, Roughly Chopped
- 1/2 Cup Vegetable Broth
- 6 Basil Leaves, Sliced Thin & Long
- 1 Cup Baby Spinach, Roughly Chopped
- 10 oz. Zucchini Noodles
- 1/4 Cup Grated Romano Cheese

Instructions:

1. In a large pot, add the olive oil and warm to medium heat.
2. Add the onions and cook for about 5 minutes. Add the garlic and cook for another minute.
3. Next add in the chicken. Season with salt, oregano, and pepper. Toss and cook until no longer pink (about 10 minutes).
4. Add in the sundried tomatoes and prosciutto, then stir. Allow to cook another 2 minutes.
5. Pour in the broth, basil, and spinach.
6. After the spinach slightly wilts, add the zucchini noodles on top. Cover pan and allow to simmer for 5 minutes. Zucchini noodles will slightly soften.
7. Once zucchini is tender, stir and combine gently together. Next portion into bowls.
8. Garnish with fresh basil and Romano cheese.

***Try and use all organic ingredients if possible.**