



Colorful Chicken-zoodle Skillet

Makes 6 servings

Ingredients

- 1 tablespoon cold-pressed canola oil
- 1 ½ pounds chicken tenderloins
- 4 ounces roasted red bell peppers in oil
- 3 ½ ounces sun-dried tomatoes in oil
- 5 cloves garlic, minced
- 1 ¼ cups half-and-half
- 1 cup shredded Parmesan cheese
- 2 teaspoons Italian seasoning
- ⅛ teaspoon ground cayenne pepper
- 1 ½ pounds zucchini, cut into zoodles

Directions

1. In a medium skillet, heat oil over medium-high heat. Add chicken and cook for 5 to 7 minutes or until chicken is cooked through and browned on all sides.
2. Add roasted bell peppers, sun-dried tomatoes and garlic. Stir and cook for 1 minute.
3. Turn heat down medium-low, and add the half-and-half and Parmesan cheese. Stir. Allow to simmer for 3 to 5 minutes or until cheese melts. Sprinkle with Italian seasoning and cayenne pepper.
4. Add zoodles and stir. Cook for 4 to 5 minutes or until zoodles are tender. Enjoy warm!



MAIN DISH



TIP

If you don't have a spiralizer (to make "zoodles"), you can also slice the zucchini into ribbons using a vegetable peeler or mandolin.

 = low sodium

 = gluten free

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nutr-ah-58947 (7/19)

Nutrition Facts

Serving Size 1 ¼ cup of hotdish (331g)
Servings Per Container 6

Amount Per Serving

Calories 340 **Calories from Fat 160**

% Daily Value*

Total Fat 18g **28%**

 Saturated Fat 7g **35%**

 Trans Fat 0g

Cholesterol 115mg **38%**

Sodium 340mg **14%**

Total Carbohydrate 11g **4%**

 Dietary Fiber 2g **8%**

 Sugars 5g

Protein 35g

Vitamin A 30% • Vitamin C 80%

Calcium 30% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: milk

Carb choices per serving: 1