



Walnut Pesto Chicken with Zucchini Noodles & Roasted Tomatoes

Prep Time: 30 minutes

Cook Time: 15 minutes

Total Time: 45 minutes

Servings: 4

Serving Size: ¼ of recipe

Ingredients:

3 cups fresh basil
1/3 cup raw walnuts
2 cloves garlic
½ teaspoon salt
¼ cup extra virgin olive oil
1 ½ pounds of organic, free range chicken breasts,
sliced into 2 inch long and ½ inch thick strips
4 medium to large zucchini
1 cup cherry tomatoes, halved
2 tablespoons, divided, plus one teaspoon grapeseed oil

½ teaspoon dried oregano
Pinches of salt and pepper

Directions:

1. Use a spiral slicer, mandolin or vegetable peeler and slice zucchini into noodles or ribbons.
2. Lay zucchini noodles out on a tea towel or paper towel and sprinkle lightly with salt, then let them sit to sweat out their moisture while you prepare the rest of the meal.
3. Make your pesto by placing walnuts in your food processor and processing until fine.
4. Then add garlic, ½ teaspoon salt, and basil and process again while slowly drizzling in the olive oil while your machine is running until you reach your desired consistency. You may not use all the olive oil and you may need a little more – just use your judgment.
5. Pour pesto into a large bowl and set aside.
6. Preheat oven to 400 degrees and line a small rimmed baked sheet with parchment paper.
7. Place your tomatoes onto the baking sheet, drizzle with 1 teaspoon grapeseed oil and sprinkle with a pinch of salt and pepper. Then place in the oven to roast for about 10-12 minutes.
8. Heat 1 tablespoon grapeseed oil in a large skillet over medium-high heat, then add chicken strips and sprinkle with salt, pepper, and oregano.
9. Cook chicken for 8-12 minutes, flipping once, until fully cooked and lightly browned.
10. Once you have your chicken started, heat a separate wok or large skillet over medium heat and add your zucchini noodles, then pour 1 tablespoon grapeseed oil on top and toss to coat well.
11. Sauté noodles for 5-10 minutes or until tender but not soggy.
12. When chicken is done, add it to the bowl with your pesto and toss until all chicken is well coated in pesto.
13. To serve, place ¼ of noodles on each of 4 plates, top with ¼ of chicken pesto and sprinkle with roasted tomatoes.

Tips and Tricks:

This dish is packed with heart healthy fats from the walnuts and olive oil – good stuff!!

If you have leftover chicken, it tastes great tossed into a wrap or salad with some fresh tomatoes, greens, and veggies of choice for lunch the next day.

Nutritional Information Per Serving:

Calories: 463.3
Fat: 28.8 g
Cholesterol: 82.5 mg
Sodium: 451 mg
Total Carbohydrate: 14.3 g
Dietary Fiber: 4.8 g
Sugars: 4.8 g
Protein: 42.8 g