Ricotta Spinach Zoodles And Chicken

Yield: 6 Servings **Author:** Lauren

PREP TIME: 20 MIN COOK TIME: 30 MIN TOTAL TIME: 50 MIN

Zoodles cooked with spinach, tossed in a ricotta sauce, and served with grilled chicken breast

INGREDIENTS:

- 6 Zucchini (Medium)
- 2 cups Part Skim Ricotta
- 20 oz Baby Spinach
- 2/3 cup Reduced Fat Parmesan
- 2 Lemons- zest and juice
- 4 tbsp minced Garlic
- 1/4 tsp Salt
- 1/4 tsp Pepper

INSTRUCTIONS:

1. Place the raw chicken breasts in a gallon zip bag and add the zero calorie Italian dressing to the bag. Coat the chicken, seal the bag, and place in the fridge for at least 1 hour
2. Heat the grill to 350
3. Place chicken on the grill and cook until an internal temperature of 165 is reached, 10- 20 minutes depending on the size of the chicken
4. While the chicken is grilling, Spiralize the zucchini and place in large pot for cooking. Season with salt and pepper.
5. In a meduim bowl, mix the ricotta, Parmesan, lemon zest and juice, and garlic until well combined

6. Add 1/2 cup of water to the zucchini, cover, and cook over medium heat until the zucchini is slightly softened - about 5 minutes
7. Stir in the spinach in batches and cook until the spinach is wilted
8. Drain the spinach and zucchini and save about 1/4 cup of the liquid
9. Return the spinach and zoodles to the pot and stir in the ricotta mixture (If the sauce is too thick, slowly add the reserved water to reach desired consistency)
10. Over Medium heat, bring the sauce to a boil
11. Remove veggies and sauce from heat and divide between 6 bowls
12. Top each bowl with a sliced chicken breast, Serve, and Enjoy!