

Chicken Zucchini Pesto

nahumck.me

Ingredients

- 6 zucchini (medium sized)
- 1-2 lbs chicken breast
- 4oz basil
- 4oz spinach
- 4oz arugula
- 1/2 cup pine nuts
- 1/2 - 1 cup olive oil
- 1/2 cup nutritional yeast
- salt and pepper to taste
- water

Directions

1. Use the spiralizer to make the zucchini noodles. Set aside.
2. Cook the chicken in olive oil, season with salt and pepper. Cut up into strips or cubes; set aside.
3. Make the pesto by combining the basil, spinach, arugula, nutritional yeast, and olive oil into a blender until smooth. Salt & pepper to taste. *Note: This makes a lot of pesto, which is good for leftovers*
4. Place 1 tbsp of olive oil in a pan on medium heat. Add zucchini and cook for 1-2 min, stirring occasionally. Add 1/4 - 1/3 (depending on portion) of water, and cook for an additional 6-8 min, until the desired firmness is achieved to be like pasta.
5. Add chicken and the desired amount of pesto to the meal, stir until warmed, and serve.

This is completely dairy free, and is amazingly filling.