

# CHICKEN ZUCCHINI

## PAPPARDELLE ALFREDO SAUCE



### INGREDIENTS

- 3 large zucchini
- 2 tbsp. extra virgin olive oil, divided
- 3 boneless skinless chicken breasts
- Kosher salt to taste
- Black pepper to taste
- 1 tsp. Italian seasoning
- 2 cloves garlic, finely minced
- 3/4 cup half-and-half (or whole milk)
- 4 oz. cream cheese
- 1/2 cup freshly grated Parmesan (plus more for serving)
- 1/2 cup fresh chopped parsley

### DIRECTIONS

- Using a vegetable peeler, peel the zucchini length-wise to create long, thin strips resembling pappardelle “noodles.” Lay them flat on a paper towel-lined baking sheet until ready to use.
- In a large skillet over medium-high heat, add 1 tablespoon of olive oil.
- Season both sides of the chicken breasts with salt, pepper and Italian seasoning and cook for 5-7 minutes on each side. Remove the chicken from the pan and slice into strips.
- Add the remaining tablespoon of olive oil to the skillet. Add garlic and cook until fragrant, about 1 minute, then add half-and-half and cream cheese and cook, stirring often, until cream cheese is melted.
- Add parmesan, then season the mixture with salt and pepper and simmer until the sauce has thickened, about 3 to 5 minutes.
- Fold in cooked chicken, zucchini pappardelle noodles and parsley, making sure that the Alfredo sauce is well mixed.
- Divide into four large bowls.

Enjoy!

