

# Mushroom Chicken and Pesto Zoodle Recipes

## Mushroom Chicken

*Serves 4 | Prep. time 10 minutes | Cooking time 20 minutes*

### **Ingredients**

1 pound boneless, skinless chicken breasts  
1 tablespoon low-fat margarine  
10 ounces white button mushrooms, sliced  
¼ teaspoon pepper  
⅓ cup balsamic vinegar  
½ cup low sodium, fat-free chicken broth  
1 tablespoon olive oil  
¼ cup all-purpose flour

### **Directions**

1. Add the chicken breasts to a plastic bag and pound to flatten with your palm.
2. Coat them evenly with flour.
3. Grease a medium saucepan or skillet with some cooking spray and heat it over medium heat.
4. Add the chicken breasts and brown evenly for 4–5 minutes each side. Set aside.
5. Melt the margarine in the pan, add mushrooms and pepper, and stir-cook for 4–5 minutes until softened.
6. Add the balsamic vinegar and boil the mixture until the sauce thickens.
7. Cover and simmer over low heat for about 2 minutes.
8. Add the chicken and simmer for 5 more minutes.
9. Serve warm.

### **Nutrition (per serving)**

Calories 240, fat 9 g, total carbs 12 g, sugar 4 g,  
Protein 27 g, sodium 150 mg

This recipe is from Madison Miller's cookbook [Diabetes Cookbook Quick and Easy Type 2 Diabetes Recipes](#).

## **Zoodle Pesto (Zucchini Noodle with Pesto Sauce)**

*Serves 4 | Prep. time 10 minutes | Cooking time 2-5 minutes*

### ***Ingredients***

4 small zucchinis, spiralized  
Pesto (See Pesto Recipe below)  
2 cups cherry tomatoes, washed, cut in half  
1–2 tablespoons olive or canola oil (optional)

### ***Directions***

1. Dry the spiralized zucchini with paper towels.
2. Optional (if you don't want raw, crunchy noodles), heat oil in a skillet and sauté zucchini noodles for 2–5 minutes to desired doneness.
3. Mix with pesto and top with cherry tomatoes.

### ***Nutrition (per serving)***

Calories 115, fat 7.1 g, carbs 11.1 g, protein 4.2 g, sodium 945 mg

## **Pesto Recipe**

### ***Ingredients***

3½ cups packed basil leaves  
½ cup cilantro (or spinach)  
⅓ cup almonds, toasted (you may also use pine nuts or walnuts)  
⅓ cup grated parmesan cheese  
4 cloves garlic, roughly chopped  
⅓ cup olive oil

### ***Directions***

1. Combine the pesto ingredients except for the olive oil in a blender and pulse. Gradually pour in the oil until a paste is formed (you want a thick paste as the moisture from the noodles will thin it down). Scrape down sides when needed.
2. Combine the pesto sauce and zucchini.

These two recipes are from Sarah Spencer's cookbook [Spiralizer Cookbook Healthy Low-Carb Spiralizer Recipes](#).