

Chicken Zucchini Noodle Soup

4 Servings: 55g Protein | 8g Carbs | 11g Fat

1 Leaner | 3 Green | 3 Condiments | 1 Healthy Fat

Ingredients

4 tsp olive oil

¼ cup yellow onion, diced

2 stalks celery, diced

1 cup white mushrooms, chopped

1 clove garlic, minced or pressed

1 tsp Italian seasoning

1 tsp lemon pepper seasoning

¼ tsp salt

¼ tsp crushed red pepper flakes

1 lbs boneless, skinless chicken breasts, cut into 1 inch cubes

4 cups chicken broth

2 cups water

2 bay leaves

1 pound (2medium to large) zucchini “spiralized” into spaghetti-like strands (using spiralizer, julienne peeler, or mandolin slicer)

Instructions

Heat olive oil in large stockpot or saucepan over medium heat, and add onion, celery mushrooms, and garlic. Cook, stirring occasionally, until vegetables “sweat” and onions are translucent, about 3 to 4 minutes.

Add Italian seasoning, lemon pepper seasoning, salt, and crushed red pepper flakes. Cook for an additional minute. Stirring frequently

Add chicken breast, chicken broth, water, and bay leaves; cover, and bring to a boil. Once boiling, reduce heat to a steady simmer, and cook for 15 to 20 minutes, until chicken is cooked through.

Add zucchini “noodles,” and cook for an additional 2 to 5 minutes, until zucchini “noodles,” are “al dente: or cooked to your liking

Discard bay leaves, and serve immediately.

