Pesto Chicken with Zucchini Noodles

Light spiralized zucchini noodles tossed in fresh pesto and topped with juicy grilled chicken for a low-carb, high-protein meal.

Servings: 2 **Time:** 25 minutes

Ingredients

- 2 medium zucchinis, spiralized
- 8 oz boneless, skinless chicken breast
- 1/3 cup basil pesto
- 1 tbsp olive oil
- 1 clove garlic, minced
- Salt and pepper to taste
- 1 tbsp grated Parmesan cheese (optional)
- Lemon wedge for serving

Instructions

1. Preheat grill or stovetop grill pan over medium heat.
2. Brush chicken breast with olive oil, minced garlic, salt, and pepper.
3. Grill chicken for 6-7 minutes per side, until cooked through and juices run clear.
4. Remove chicken and let rest for 5 minutes, then slice into strips.
5. In a large bowl, toss spiralized zucchini with basil pesto until evenly coated.
6. Divide zucchini noodles between two plates, top with grilled chicken slices.
7. Sprinkle with Parmesan cheese if desired and serve with a lemon wedge.

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