

# Zucchini and Spinach Pasta

## Ingredients

- ½ cup cooked Whole-Wheat Pasta
- 1 cup Zucchini
- 1/3 cup Cherry Tomatoes
- 2 tsp Olive Oil
- 1 cup Spinach
- ½ cup Pre-Cooked Chicken
- ⅛ teaspoon Ground Pepper
- 1 tbsp Lemon Juice



Makes one serving!

## Directions

1. Cook pasta according to instructions. Set aside.
2. Prep veggies! Chop zucchini and tomatoes into bite sized pieces.
3. In a large skillet or pan, heat oil and cook chopped zucchini and tomatoes for about five minutes or until tender.
4. Then add spinach and chicken into the pan. Cook for two minutes until chicken warms and spinach wilts.
5. Add cooked spaghetti and lemon juice to pan. Serve warm.

## Zoodles Option!

Whole-wheat pasta is good and healthy in the diet when eaten in moderation. If you are wanting a meal that has a lower GI index while still getting a "pasta" feel try buying or making zucchini noodles, "zoodles", instead of pasta. You can buy a zucchini and make your own noodles with a spiralizer or by one of these options found at HEB of pre-spiralized zucchnis!

