

One-Pot Pesto Chicken Alfredo Zucchini Noodles

These super-creamy alfredo zucchini noodles get TONS of flavor kicked up by fresh pesto and tender chicken cubes makes it an entire carb-free meal! This one-pot dinner is the comfort food your weeknight needs!

Prep Time 10 minutes

Cook Time 10 minutes

Total Time 20 minutes

Servings 8 servings

Calories 256 kcal

Ingredients

3 tablespoons butter
1 lb chicken cut into 1-in cubes
1 small onion finely diced
2 cloves garlic minced
3 tablespoons white whole wheat flour
1/2 cup half-and-half cream
1 cup milk
1/4 cup prepared pesto sauce
Salt and pepper to taste
4 medium zucchinis spiralized
1/3 cup grated Parmesan cheese

Instructions

1. In a large skillet over medium-high heat, melt butter. Add chicken, onion, and garlic to pan and saute several minutes until chicken is cooked through and onions are translucent. Stir flour into pan and slowly mix in half-and-half, milk, and pesto until smooth.
2. Bring sauce to a simmer over medium-high heat until thickened and smooth. Remove from heat and season with salt and pepper to taste. Add zucchini to skillet and gently toss noodles until coated in sauce. Sprinkle Parmesan over zucchini and return to medium heat, cover and let cook 5 minutes. Serve warm and enjoy!
Make sure you try these alfredo zucchini noodles next time!!

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