Zucchini Noodles and Sauce

Yield – 8 servings

Ingredients

* 1 jar spaghetti sauce
* 1 zucchini per person
* salt, pepper and seasoning
* 1 tsp. olive oil
* 1 bag of frozen chicken strips
* 8 slices French bread
* package of shredded mozzarella cheese

Directions

1. Preheat oven for garlic bread (and zucchini), following directions on package
2. Wash zucchini thoroughly and cut off the ends.
3. Using pasta maker and the opening marked thick (or thin), twist while pushing forward putting the noodles into a bowl. Add salt, pepper, and olive oil. Throw away the core. Do not peel zucchini. \*If using a vegetable peeler, slice until you get to the core.
4. Put zucchini on baking sheet using parchment paper. Cook 5 minutes. Toss. Cook 5 more minutes. Place on paper towels to absorb water.
5. In a skillet with a little bit of olive oil, heat on med/high heat the frozen chicken strips until tender enough to cut into bite size pieces. You may add salt, pepper and seasoning.
6. In a saucepan, heat the spaghetti sauce on med/low heat.
7. Insert bread into the oven following directions on package. Put bread on parchment paper so it doesn’t stick to the baking sheet.
8. When the bread is ready, the noodles and chicken should be ready and the sauce should be warm.
9. Keep the ingredients separate, fix the plates with noodles on the bottom, chicken bites next, sauce on top sprinkled with mozzarella cheese.