

Calabaza Squash Pesto "Pasta" with Sautéed Chicken (Paleo and Whole 30)

Shopping List: serving size one

- 1 organic boneless skinless chicken breast
- 1 Calabaza squash (can substitute zucchini, parsnips, rutabagas or turnips)
- 1/2 cup arugula
- 3 oz. fresh basil
- 1/8 cup Italian parsley (flat leaf)
- 1/4 cup olive oil
- 1 garlic clove
- 1/2 tsp salt, plus salt to taste

Paleo Pesto: Rinse the arugula, basil, and parsley and pat them dry. Remove any stems. Place the arugula, basil, Italian parsley, olive oil, garlic, and 1/2 tsp salt into a **food processor**. Puree the pesto mix until the consistency of your liking. You can taste test the pesto to see if you like the flavor here and make adjustments for whatever you think it needs: more garlic, more basil, more olive oil or salt... The pesto will make more than you need for this one meal, so let's all cheer that you can use it over the next few days for things like your breakfast eggs or over any form of potato, etc.

Paleo Calabaza Squash "Pasta": Thoroughly wash and dry the Calabaza squash (or whichever vegetable you decide to use). Cut off the ends of it to create a flat surface on each end. Place the squash into the **Spiralizer**. Using blade B (if you have the **three blade Spiralizer**), twirl the handle to create the pasta. You can switch out to any blade you'd like to create the "pasta" size you prefer. Set aside.

Paleo Sautéed Pesto Chicken: Slice the chicken breast into bite size pieces and transfer it to a non-stick pan or the Copper Chef pan over medium-high heat. Allow the chicken to cook for a few minutes, stirring occasionally. Add in the pesto sauce to the chicken while it is finishing cooking, another 2-5 minutes depending upon your stove. Make sure to check for any pink before serving or use a food thermometer. While the chicken is finishing cooking, add in the Calabaza squash "noodles" to the same sauté pan and add more pesto to it. Stir it a few times to make sure the "noodles" heat up thoroughly before serving.

Taste the dish before serving to make adjustments where needed, and IF* you're not restricted from cheese then you can sprinkle some Parmesan cheese over the top of the dish as well.

**Ideas of things you can also add to your pesto: Parmesan cheese, pine nuts, broccoli, kale, spinach, walnuts, cashews, and cilantro.