

Garlic Chicken Pasta, Brussels Sprouts, and Spiralized "Fries"

(Paleo, Whole 30)

Shopping List

- 1 organic boneless skinless chicken breast
- 1 zucchini
- 1 red potato (or potato of your choice)
- 1/2 cup to 1 cup Brussels sprouts, halved
- 2 garlic cloves, minced
- 2 tbsp olive oil or coconut oil
- 1 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp chili powder
- 1/2 tsp paprika
- pink Himalayan salt (or sea salt)
- olive oil or coconut oil baking spray (be careful with ingredients when purchasing)

Roasted Brussels Sprouts: Preheat the oven to 350* F and spray a foil lined baking sheet with olive oil or coconut oil baking spray. Wash the Brussels sprouts, cut off the ends as needed, and then cut them in half-length wise. You can toss the Brussels sprouts in 1/2 tbsp oil if you do not have the baking sprays mentioned above. I just discovered them myself! Roast the Brussels sprouts for 35-45 minutes, depending on your oven and your preference for the charring.

Baked Spiralized Fries: Wash and peel the red potato, then cut off a small portion of the ends to create a flat surface. Using blade C (or B) of the Paderno Spiralizer, spiralize the potato into noodles (or this case, I very loosely call them "fries"). Toss the "fries" with 1/2 tbsp olive oil or coconut oil, and spread out on a foil lined baking sheet. Add these to the oven at 350* F to bake for 20-25 minutes, tossing once. When they're done cooking, sprinkle the "fries" with 1/2 tsp chili powder, 1/2 tsp paprika, and salt to taste.

Garlic Chicken with Zucchini Pasta: Heat up a non-stick pan over medium heat. Once warmed, add 1 tbsp olive oil or coconut oil. Peel and mince 2 cloves of garlic and add to the pan, then slice the chicken into bite size pieces to add as well. Sprinkle the chicken with 1 tsp garlic powder and 1/2 tsp onion powder. Stir the mixture as the chicken is cooking to ensure all sides of all pieces are cooked thoroughly.

While the chicken is cooking, wash the zucchini. Cut off the ends to create flat surfaces. Using blade C of the Paderno Spiralizer, spiralize the zucchini into noodles. Add the noodles to the chicken and garlic mixture to heat the noodles for about 5 minutes. Salt to taste.

If you like a strong garlic flavor, then you can add more garlic as desired. You can also easily add any other seasonings or herbs such as oregano or basil, etc. for a different flavor.