

One-Pot Chicken Parmesan & Zucchini Noodles

Ingredients

- 12 oz. (350 g) chicken tenderloins
- Salt and pepper
- 4 medium zucchini
- 1 cup (250 mL) marinara sauce (see cook's tip)
- 2 oz. (60 g) fresh Parmesan cheese
- 3/4 cup (175 mL) gluten-free croutons or crackers



Directions

1. Season both sides of the chicken with salt and pepper and place it in the [Rockcrok® Everyday Pan](#). Microwave, covered, on HIGH for 4-5 minutes, or until the internal temperature reaches 165°F (74°C).
2. Spiralize the zucchini using the fettuccine blade on the [Veggie Spiralizer](#) or grate into long strips with the [Veggie Strip Maker](#). Place the zucchini noodles in a bowl and use paper towels to press out excess liquid.
3. Remove the chicken from the microwave and chop with the [Salad Chopper](#).
4. Add the zucchini noodles and sauce to the pan and stir to combine. Microwave, covered, on HIGH for 5-6 minutes, or until the zucchini is softened.
5. Grate the cheese with the [Microplane® Adjustable Fine Grater](#). Place the croutons in the [Manual Food Processor](#) and process until very finely chopped.
6. Preheat the broiler. Place the pan 2-4" (5-10 cm) from the heating element. Remove the pan from the microwave and stir in half of the cheese. Top with the remaining cheese and crouton crumbs.
7. Broil, uncovered, for 1-2 minutes, or until the crumbs are browned.

pampered chef.

Yield:

- 4 servings

Nutrients Per Serving:

U.S. nutrients per serving: Calories 240, Total Fat 7 g, Saturated Fat 3 g, Cholesterol 60 mg, Sodium 560 mg, Carbohydrate 18 g, Fiber 3 g, Sugars 8 g, Protein 28 g

Cook's Tips:

Want to make your own marinara sauce instead? Use 1/2 can (28 oz./796 g) of crushed tomatoes, 3 pressed garlic cloves, 1/4 tsp (1 mL) of dried basil leaves, 1/4 tsp (1 mL) of dried oregano leaves, and 1/2 tsp (2 mL) of salt. Add all the ingredients to the pan as directed in step 4.