Chicken Caprese with Pesto Zucchini Noodles

Prep Time: 15 // Cook Time:30 // Total Time: 5 min

Ingredients

- 4 tablespoons pesto sauce
- 4 medium zucchinis, Blade D, noodles trimmed
- 4 skinless chicken cutlets
- salt and pepper
- Italian seasoning, to season
- 2 tablespoon extra-virgin olive oil
- 1 cup quartered cherry tomatoes
- 4 slices mozzarella cheese
- Large basil chiffonade, to garnish

For the balsamic glaze:

- 1 cup balsamic vinegar
- 1 tablespoon honey

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 420	
	% Daily Value *
Total Fat 23 g	**36 %**
Saturated Fat 6 g	**32 %**
Monounsaturated Fat 7 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 75 mg	**25 %**
Sodium 543 mg	**23 %**
Potassium 702 mg	**20 %**
Total Carbohydrate 25 g	**8 %**
Dietary Fiber 3 g	**11 %**
Sugars 21 g	
Protein 26 g	**52 %**
Vitamin A	**42 %**
Vitamin C	**48 %**
Calcium	**58 %**
Iron	**11 %**

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

Instructions

1. Place the pesto sauce in the bottom of a large mixing bowl and add in the zucchini noodles. Toss well to combine and set aside.
2. Pat the chicken dry and season the chicken with salt, pepper, and Italian seasoning.
3. Heat the olive oil over medium-high heat and once oil is shimmering, add the chicken, and cook for 5 to 7 minutes, flip, and cook another 5-7 minutes or until thermometer reads 165 degrees (or slice through and if juices run clear and it's no longer pink on the inside, it's done.)
4. While chicken cooks, make the balsamic glaze. Place the balsamic vinegar and honey in a small pot over medium-high heat and bring to a boil. Once boiling, reduce heat to medium low and let simmer until reduced and thick, like a glaze, about 10 minutes.
5. Sprinkle the tomatoes over the skillet, making sure to top the chicken with about half of the tomatoes and letting the rest fall into the pan. Add a slice of mozzarella cheese on top of each chicken breast, cover the skillet, and let cook until cheese is melted, 2-3 minutes. Transfer the chicken to plates, drizzle with balsamic glaze, and top with basil. Serve alongside the pesto zoodles.