

Zucchini Noodles with Chicken, Cilantro and Lime

- 3 large zucchini
- 1.5 lbs boneless & skinless chicken breasts, cut into 1" pieces
- 1/2 teaspoon cumin
- 1 teaspoon Himalayan sea salt, divided
- Ground black pepper, to taste
- 2 teaspoons any small hot pepper/jalapeño or to taste, seeded and minced (leave seeds in for very hot version)
- 1 medium or 1/2 large lime, juice of
- 3/4 cup cilantro, chopped



1. Using a spiralizer, make zucchini noodles, transfer into a large bowl and set aside. You can also chop zucchini into any size pieces, if you don't have the gadgets for making zucchini noodles.

2. Preheat large ceramic non-stick skillet on high heat and add chicken. Sauté until golden brown, stirring occasionally. Add cumin, 1/2 teaspoon Himalayan sea salt and ground black pepper towards the end, stir and cook for another minute. Transfer to a bowl and set aside.

3. Wipe clean or wash and pat dry the skillet and return to the stove on high heat. Add a teaspoons of olive or coconut oil and add zucchini noodles. Sauté for 1.5 minutes, stirring frequently. Remove from heat and add previously cooked chicken, remaining salt, small hot peppers/jalapeños, lime juice and cilantro. Stir gently and serve hot.

Serving Size = 3 ounces of chicken and 2 cups of zoodles