 **Zesty Spinach & Pesto Zoodles**

*Serves 4*

**Ingredients**

½ tbsp olive oil

5oz Spinach

2 cups mushrooms

½ tsp salt

½ tsp pepper

¾ cup light pesto

½ cup asiago

3 medium zucchini, spiralized

8oz chicken, cooked and shredded

**Directions**

1. Prepare your zucchini noodles: Buy prepared zoodles or use a spiralizer to make your own. Once they are sliced, toss with salt in a bowl and set aside while you make the sauce mixture.
2. Heat olive oil in a pot over medium heat. Add spinach and cook until it begins to wilt. Add mushrooms and pepper and cook until tender.
3. Add pesto sauce and asiago to the pot and stir together until cheese has melted. Cover.
4. Gently squeeze zucchini noodles to draw out any moisture.
5. In a separate pan, over medium high heat, cook the zoodles while tossing frequently (about 3 minutes). Zoodles should be al dente when finished. Remove excess liquid from pan and add zoodles to sauce. Mix to combine.
6. Add cooked, shredded chicken and mix to combine or place over noodles.
7. Serve topped with a sprinkle of cheese, if desired.

**Nutrition**

*365 cals, 5g C, 28g P, 26g F*