



Green Spaghetti with Rotisserie Chicken

Green Spaghetti w. Rotisserie Chicken is a diabetic-friendly “super pasta” dish. Make with super green spaghetti pasta noodles, zucchini noodles (zoodles), and rotisserie chicken. The majority of the dish is vegetable based and made with fresh herbs, roasted tomatoes and a lite avocado based sauce. The newest addition to the Signature Select Recipes® series, this dish packs a lot of punch at just 540 calories per serving. AJOY!

GREEN SPAGHETTI w. ROTISSERIE CHICKEN

TOTAL TIME: 30 Minutes * 8 Servings

Approx. Per Person Cost: \$5.00

INGREDIENTS

1 Whole Rotisserie Chicken	¼ Cup Fresh Bacon Bits
1 lb Super Green Spaghetti	½ Grape Tomatoes
1 Pack Zucchini Noodles	¼ Cup Basil
1 Large California Avocado	¼ Cup Cilantro
1 Cup Shredded Parmesan	¼ Cup Green Onions
2% Reduced Fat Milk	Chicken Base
Salt & Pepper	Tomato Base

DIRECTIONS

1. Noodles & Zoodles Bring 3 Quarts water to rolling boil. Add Salt, Chicken Base and Tomato Base. Add 1 pound of super green spaghetti noodles to boil. Cook for 7 minutes. After 7 minutes, add 1 pound of zucchini noodles and cook for 3 additional minutes. Drain noodles in colander and place in large bowl. Season with salt, pepper & Badia complete seasoning. Add Zoodle Sauce.

2. Zoodle Sauce Peel 1 large California Avocado, remove pit. Place in blender or nutri-blender. Add ½ cup reduced fat milk, ½ cup shredded parmesan, ¼ cup cilantro, ¼ basil. Blend quickly until smooth. Add zoodle sauce to hot pasta, stir and coat evenly. Place on large serving plate. Add shredded hot rotisserie chicken.

3. Topping Heat ¼ cup canola or olive oil in medium skillet. Add 20 halved grape tomatoes, chopped green onion and bacon. Roast in pan until tomatoes are tender and bacon is crispy and slightly browned. Pour topping on top of zoodles and chicken. Sprinkle dish with ¼ cup shredded parmesan. Serve hot!

To create this dish as a meat-free entree, remove the chicken and bacon; Add sautéed white mushrooms.

CALORIES: 540 per serving

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