

End of summer garden bounty is a good time to play with upping the family vegetable quotient. Use a spiralizer or other strip peeler to create veggie noodles that are delicious lightly sautéed and topped with tender chunks of chicken. Finish this light dish with a sprinkle of crumbled goat cheese and toasted sunflower seeds.

CHICKEN with VEGGIE NOODLES & BASIL PEA PESTO

Makes 4 servings

PESTO

- 1 medium lemon, zested and juiced
- 1-1/4 cups shelled English peas, lightly steamed until tender *
- 1 clove garlic, quartered
- 1/2 cup packed fresh basil leaves
- 2 tablespoons olive oil
- Coarse salt to taste

CHICKEN & NOODLES

- 2 large green zucchini
- 2 large yellow zucchini or crookneck squash
- 4 to 6 (about 24 ounces) boneless, skinless chicken thighs, cut into chunks
- Coarse salt and freshly ground pepper to taste
- 1/2 teaspoon crushed fennel seeds or ground toasted cumin
- 3 tablespoons olive oil, divided
- 1 cup mixed color cherry tomatoes, quartered

DIRECTIONS

- Place all pesto ingredients in a mini chopper; pulse until pureed. Season with salt.
- Spiralize or slice long shreds of zucchini and yellow squash. Season chicken with salt, pepper, and fennel.
- Heat 1 tablespoon oil in a large skillet over medium-high heat. Sauté chicken 6 to 8 minutes or until no longer pink in center. Remove to a plate; set aside.
- Heat remaining 2 tablespoons oil in skillet; sauté zucchini and squash about 2 minutes or until softened. Season with salt and pepper; stir in a few spoonful of the pea pesto. Arrange “noodles” on dinner plates; top with chicken and tomatoes and serve with remaining pesto.

*If English shell peas aren't available, substitute frozen, thawed peas.