

# Slow Cooker Italian Chicken with Zucchini Noodles

Yield: 4 min  
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-chicken-squash-zucchini-asparagus-recipe>

## Ingredients:

- 1/2 cup reduced sodium chicken broth
- 4 teaspoons tomato paste
- 1 teaspoon Italian seasoning
- salt
- pepper
- 1 pound chicken breast
- 2 tomatoes Large, Roughly chopped, about 3 cups chopped
- 2 cups broccoli Cut into bite-sized pieces
- 1 1/2 cups asparagus About 1 large bunch of asparagus
- 1 cup snap peas Halved
- 4 squashes large Zucchini, Spiralized using the 3mm blade
- salt
- 1/2 cup pesto Use your favorite
- Parmesan cheese For garnish, optional
- fresh basil For garnish, chopped or minced, optional

## Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 75 milligrams
4. Fat: 4.5 grams
5. Fiber: 7 grams
6. Protein: 31 grams
7. SaturatedFat: 2 grams
8. Sodium: 720 milligrams
9. Sugar: 7 grams

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