

Paleo Garlic Chicken Pasta

Yield: 32 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/healthy-chicken-recipes>

Ingredients:

- 2 pounds chicken diced
- 2 zucchini julienned
- 2 yellow squash julienned
- 3 tablespoons olive oil
- 1 tablespoon minced garlic
- 1/4 cup tomato paste
- 1/2 cup coconut milk
- 1 1/2 teaspoons salt
- 1 teaspoon balsamic vinegar
- 1 teaspoon hot sauce
- 1/4 teaspoon crushed red pepper
- 1/4 teaspoon italian seasoning
- 1 can diced tomatoes
- 3 whole garlic cloves heads roasted, removed from peels
- salt and pepper, to taste

Nutrition:

1. Calories: 60 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 20 milligrams
4. Fat: 3 grams
5. Fiber: 1 grams
6. Protein: 6 grams
7. SaturatedFat: 1 grams
8. Sodium: 180 milligrams
9. Sugar: 1 grams

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