

3-Ingredient Chicken Zucchini Rolls

INGREDIENTS

- 3 cups cooked shredded chicken breast, skinless
- 2 cups + 1 cup store-bought spaghetti or marinara sauce or homemade tomato sauce (NO SUGAR ADDED)
- 3 medium zucchini, sliced 1/8" thick

1. Preheat oven to 375°F. In a medium bowl, mix the shredded cooked chicken and 1½ cups of tomato sauce. Stir well.

2. In a casserole dish, spread a ½ cup of tomato sauce on the bottom. Before you start assembling the zucchini rolls, place a piece of wax paper, aluminum foil, or a clean cutting board on the counter, and lay out the zucchini slices.

3. First, spread about 3 tablespoons of the chicken mixture over each zucchini slice.

4. Carefully roll them up, and place them in the prepared casserole dish. Top the zucchini rolls with the remaining ½ cup of tomato sauce.

5. Bake covered with foil or parchment paper for approximately 30 minutes. Remove the foil or parchment paper, and bake for 15-20 minutes more. Enjoy!

Serving Size = 3 ounces of chicken and 2 cups of vegetables **which is approximately 3 of the zucchini rolls** 😊

Tip - Start with about 1 & 1/4 lbs of chicken which should cook down to 16 ounces or 8 servings of protein

This recipe will make about 8 servings

