

Zoodles with Olives and Capers

Courtesy of: www.thebetterhomelife.com

Ingredients:

- 2-3 pounds of zucchini
- 1/2 olive oil
- 1 large onion, diced
- 2 garlic cloves, grated or minced
- 3/4 cup kalamata olives, pitted and halved
- 1/2 cup capers, drained
- 1 cup cubed cooked chicken breast (optional)
- Parmesan cheese and fresh ground pepper for garnish

How to make zoodles

Start by spiralizing the zucchini. While spiralizing, cut the zoodles with kitchen shears occasionally, to make the length of the zoodles more manageable. Set aside in a colander to drain for 15-20 minutes.

Sauté the onion until almost softened, then add the garlic and continue to sauté for another 2 minutes.

Add the zoodles and sauté until heated through.

Toss in the capers, olives and chicken if desired.

Continue to sauté until all ingredients are warm and well blended.

Spoon into bowls and garnish with parmesan cheese and fresh ground black pepper. Enjoy!