

Recipes makes: 8 Servings

Nutrition Facts	
Serving Size: 1 serving (139.3g)	
Servings: 1	
Amount Per Serving	
Calories 90	Calories from Fat 35
% Daily Value*	
Total Fat 3.5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 160mg	7%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	5%
Sugars 3g	
Protein 9g	
Vitamin A 45%	Vitamin C 60%
Calcium 2%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Ingredients-

- ♥ 1 Tbsp **D'Avolio Lemon Olive Oil**
- ♥ 1 garlic clove, minced
- ♥ ½ lb chicken breast, cut into strips
- ♥ 1 carrot, peeled and julienned
- ♥ ½ red bell pepper, julienned
- ♥ ½ green bell pepper, julienned
- ♥ 2 medium zucchini, spiralized
- ♥ 2 tsp low sodium soy sauce
- ♥ ½ Tbsp oyster sauce
- ♥ ¼ tsp **D'Avolio Sesame Oil**

PREPARATION:

1. In a small bowl, add soy sauce, oyster sauce and D'Avolio sesame oil. Stir and set aside.
2. In a large wok or skillet, add garlic and D'Avolio Lemon Olive Oil and bring pan to medium high heat.
3. Cook garlic until lightly browned. Add in chicken. Cook chicken until almost completely cooked. If pan becomes too dry, add a little water.
4. When chicken is almost cooked, add in carrots and bell peppers. Cook until vegetables are tender and chicken is completely cooked.
5. Add in zucchini noodles and pour sauce over noodles.
6. Stir and toss until everything is evenly coated and cook until zucchini noodles are tender but still crisp (about 2-3 minutes).
7. Dish out and serve immediately.
8. Enjoy!