



# THE ingles TABLE

with Jasmin Queen  
**Chicken "Un-Parm" with Zucchini Noodles**

## Shopping List

- Chicken Breast
- Fresh Basil
- Italian Seasoning
- Marinara Sauce
- 2 Zucchini
- Fresh Mozzarella

## Cooking Instructions

- 1) Preheat oven to 375 degrees.
- 2) Pound chicken to a uniform thickness.
- 3) Spray baking sheet with nonstick spray and place the chicken on the pan.
- 4) Bake chicken for 20 minutes. While chicken is baking, run the zucchini through a 'spiralizer' or cut into extremely thin strips.
- 5) Remove chicken from the oven and cover with 1/4 to 1/3 cup marinara.
- 6) Place the chicken back in the oven with the zoodles. Place the zoodles on a rimmed baking sheet. Bake for an additional 15 minutes.
- 7) Remove chicken and top with a slice of fresh mozzarella cheese.
- 8) Place the chicken back in the oven and bake for an additional 5 minutes or until cheese is melted.
- 9) Remove zucchini and chicken from the oven and serve 1/2 of the chicken breast over 1/2 of the zucchini noodles.



[ingles-markets.com](http://ingles-markets.com) | [inglestable.com](http://inglestable.com)