



# #MakeItGAP

## RECIPES

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### ARUGULA PESTO CHICKEN

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**YIELD:** 4 Servings

**INGREDIENTS:**

4 cups fresh arugula or spinach  
1 cup fresh basil leaves  
1/4 cup pine nuts  
1 garlic clove, *minced*  
1-1/2 tsp. sea salt, *divided*  
1/4 cup plus 1 tablespoon olive oil, *divided*  
4 medium zucchini  
1 rotisserie chicken, skin removed, *shredded*  
2 plum tomatoes, *chopped*

**PREPARATION:**

Pulse arugula, basil, pine nuts, garlic and 1 teaspoon salt in a food processor until chopped. While processing, gradually add 1/4 cup oil in a steady stream until mixture is smooth. Using a shredder or spiralizer, shred zucchini lengthwise into long strands.

In a large skillet, heat remaining oil over medium heat. Add zucchini strands and chicken. Cook and stir until zucchini is crisp-tender, about 4 minutes.

Remove from heat. Add tomatoes, pesto, pepper and remaining salt; toss to coat. If desired, sprinkle with Parmesan cheese. Serve using a slotted spoon.

*Recipe adapted from [tasteofhome.com](http://tasteofhome.com)*