



Pepper Sauce Zoodles with Chicken

3 skinless, boneless chicken breast halves	2 ½ tablespoons olive oil, divided	½ teaspoon dried basil
1 ¼ teaspoons paprika, divided	1 medium onion, diced	½ teaspoon dried oregano
1 ¼ teaspoons salt, divided	1 red bell pepper, diced	½ teaspoon freshly ground black pepper
¼ teaspoon cayenne pepper	1 green bell pepper, diced	4 zucchini, cut into noodles with a spiralizer
	4 fresh Roma tomatoes, diced	
	3 garlic cloves, minced	

Dice chicken breasts and **season** with ¼ teaspoon paprika, ¼ teaspoon salt, and ¼ teaspoon cayenne pepper. In a large pan, **sauté** chicken in 1 tablespoon olive oil until chicken is no longer pink in the center and the juices run clear. **Remove** chicken to a bowl and **set** aside. In a medium saucepan, **add** ½ tablespoon olive oil, onions, and red and green peppers. **Cook** on medium-high heat until the peppers and onions are tender. **Add** tomatoes, garlic, basil, oregano, 1 teaspoon paprika, black pepper,

and 1 teaspoon salt. **Simmer** on low for 5 minutes, **stirring** often. **Add** 1 tablespoon olive oil to large pan. **Heat** to medium-high and **sauté** zucchini noodles 3 to 5 minutes. **Top** zucchini noodles with chicken breasts and pepper sauce.

Yield: 6 servings

Nutritional Analysis: 170 calories, 8 g fat, 1.5 g saturated fat, 45 mg cholesterol, 530 mg sodium, 11 g carbohydrate, 3 g fiber, 6 g sugars, 0 g added sugars, 16 g protein.

Kentucky Summer Squash

SEASON: June through October.

NUTRITION FACTS: Squash is low in calories. One cup of raw squash contains only 20 calories. It contains vitamins A and C, and is naturally free of fat, cholesterol, and sodium.

SELECTION: Popular summer squashes include yellow crookneck, yellow straightneck, zucchini, cocozelle, and pattypan. Pick or purchase summer squash when they are small and tender, and eat both the skin and the seeds. The skin holds many of the nutrients so do not peel. Harvest squash when it is 6 to 8 inches in length. Pattypan squashes are ready when they are 3 to 4 inches in diameter or less.

STORAGE: Store unwashed squash in plastic bags in the crisper drawer of the refrigerator. Wash the squash

just before preparing. The storage life of summer squash is brief. Plan to use it within two to three days.

PREPARATION: Summer squash is a mild-flavored vegetable that combines well with herbs and seasonings. Try it with basil, allspice, rosemary, and marjoram. Cook summer squash as a side dish or use it in stews, casseroles, and main dishes. Summer squash can be grilled, steamed, boiled, sautéed, fried, or used in stir-fry recipes.

PRESERVING: Select small squash with small seeds and a tender rind. Wash and cut into ½-inch slices and heat in boiling water for 3 minutes. Cool promptly in cold water and drain. Pack in containers leaving a half inch of headspace. Seal and freeze.

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Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

June 2019

Source: www.fruitsandveggiesmatter.gov

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