



JOE LASHER SR.

Lemon Pepper Chicken with Spinach & Zucchini Noodles



SHOPPING LIST

- ☐ 3 boneless skinless chicken breasts or 1.5 lb
- ☐ chicken tenders
- ☐ 4 tbsp. olive oil
- ☐ Laura Lynn Lemon Pepper Seasoning
- ☐ Salt and pepper to taste
- ☐ 3 large zucchini spiralized
- ☐ Minced garlic
- ☐ 4 cups baby spinach
- ☐ 1/4 cup shredded parmesan cheese

INSTRUCTIONS

- ☐ Preheat your oven to 425 degrees °F.
- ☐ Place the chicken breasts in a baking dish and coat both sides with 2 tablespoons of the avocado oil.
- ☐ Sprinkle the lemon pepper seasoning on both sides of the chicken.
- ☐ Cook the chicken for 20-30 minutes or until a digital thermometer reaches 165 degrees °F.
- ☐ Remove the chicken from the oven, let sit for 2-3 minutes, then dice it up.