



CHICKEN ZUCCHINI-NOODLE SOUP

By Dr. Cindy Tanzar
(Standard)

I often get requests for soup, and Chicken Noodle is always at the top of the list. It is an amazing classic, but the noodles are far from weight-loss friendly. This recipe is inspired from inspiralized.com, and has all the heartiness and flavor of chicken soup without the high-glycemic side effects. If you don't have a spiralizer, Veggetti (easily available in stores) makes a great one that suctions onto the countertop for about \$20, and can be used to spiralize or ribbon cut all kinds of vegetables. You can always just create your own fine cut noodle strips, too. Makes 4 servings. One serving is approximately 3 cups and covers protein and vegetables.



INGREDIENTS

- 1/2 cup diced red onion
- 2 celery ribs, diced
- 1 cup butternut squash, medium diced (can often find already diced in fruit/vege section)
- 2 cloves garlic, minced
- Pinch of red pepper flakes (or more to taste)
- 1 Tbs. fresh thyme (or 3/4 tsp. dried thyme)



1 Tbs. fresh oregano (or 3/4 tsp. dried oregano)
4 chicken thighs or two medium-sized breasts, bone in
2 bay leaves
6 cups organic chicken broth
2 cups filtered water
3 medium zucchinis

INSTRUCTIONS

Place a large soup pot over medium heat. Add in onions, celery, squash, garlic and red pepper flakes. Sauté for 3-5 minutes or until onions are translucent. Add in the thyme and oregano, sautéing for 1 minutes, stirring frequently.

Place chicken, bay leaf, broth and water into pot and let come to a boil. Reduce to a simmer, cooking chicken for about 30 minutes. Remove chicken from pot, discarding skin. Shred the chicken when cool enough to handle into bite-sized pieces and set aside. Place bones back into pot and simmer 10 more minutes, uncovered. (This adds a lot of flavor.)

While simmering bones, slice zucchini in half lengthwise. Then spiralize them, using blade C and set aside. (You can also slice the zucchini lengthwise into 4-5 noodle thickness strips and then cut each slice lengthwise into strips the size of a noodle. Then cut them crosswise into shorter “noodles.” Look at the picture for an idea of the size.)

Remove the bones and bay leaves and discard. Add chicken back into the pot along with the zucchini noodles. Cook for 5 minutes or until zucchini is al dente.