

Zucchini Noodles



Two cups of pasta equal about 400 calories (90 grams of carbs.)

Two cups of zucchini noodles have about 60 calories (12 grams of carbs.)

***If you still miss the pasta, another option is to mix the zoodles with regular pasta. Even doing this cuts your calories and carbs dramatically.*

Serves 1 - 2 (depending if used as a side or main dish)

The trick to this recipe is peeling the zucchini and cooking it in the microwave. Peeling will help create a less crunchy texture-making it more like pasta. Cooking it in the microwave will remove extra moisture. I find both these steps make the texture of the noodles more like pasta.

Ingredients:

- 2 medium zucchinis
- Salt

Directions:

1. Cut the ends of the zucchini and peel (note peeling is optional).
2. Using your spiralizer, create the zucchini noodles. If you don't have a spiralizer, you can use a vegetable peeler and slice the zucchini into thin strips.
3. Put the noodles on a paper towels and lightly sprinkle with salt.
4. Let stand for about 20 min. Place paper towels on top of the zucchini and lightly press down with your hands. The idea is to remove as much water as possible.
5. Next, put the zoodles in a microwave safe bowl and drizzle with olive oil. Cover the bowl with a damp paper towel. Microwave for about 1:20 to 1:30 minutes- (Note: microwave temperatures vary so cooking time may need to be adjusted.)
6. Let stand for 1 minute and drain any liquid sitting on the bottom of the bowl.
7. Divide the zucchini noodles onto serving plates and top with your favorite sauce. (Alfredo, marinara, meat sauce, clam sauce). The possibilities are endless.