

Garlic-Parmesan Zucchini Noodles

Makes: 4 servings

Ingredients

4 medium zucchinis, spiralized (about 2 pounds)
3 tablespoons extra virgin olive oil
1 tablespoon minced garlic (3 to 4 cloves)
1/4 to 1/2 teaspoon crushed red pepper flakes, depending on how spicy you like the pasta
2 medium tomatoes, chopped, (about 12 ounces)
1/4 cup shredded parmesan cheese, plus more for serving
1 cup basil leaves, torn into pieces
1 teaspoon cornstarch
2 teaspoons cold water
Salt, to taste

Directions

1. Add olive oil, garlic, and the red pepper flakes to a large, deep skillet. Turn to medium heat. When the oil begins to bubble around the garlic, add the zucchini noodles. Toss the noodles and cook until al dente (they should be wilted, but still have a crunch); 5 to 7 minutes.

**Do not let the noodles cook any longer or else they will become mushy. As they cook, keep tossing so that all the zucchini noodles have a chance to hit the bottom of the skillet.*

2. Stir in the tomatoes, basil, and parmesan cheese. Cook for one minute. Use pasta tongs to transfer the noodles, tomatoes, and basil to a serving dish. Leave the liquid in the skillet.
3. Bring the liquid to a simmer. Combine cornstarch and cold water in a small bowl then whisk into the simmering liquid. While whisking, cook until the liquid thickens to a sauce; about 1 minute. Taste and season with salt as needed.
4. Pour the sauce over the zucchini, tomatoes, and basil. Sprinkle with parmesan cheese on top and serve immediately.

Total Cost: \$6.86

Serving Cost: \$1.72



Nutrition Facts

4 servings per container	
Serving size	(285g)
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 13g	17%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 200mg	9%
Total Carbohydrate 9g	3%
Dietary Fiber 0g	0%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 126mg	10%
Iron 1mg	6%
Potassium 688mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

