

Garlic Zucchini Noodles

- 4 medium zucchinis (about 2 pounds)
- 1 tablespoon 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 cup basil leaves, torn into pieces
- Himalayan sea salt, to taste

1. Trim and spiralize the zucchini. Cut extra-long noodles so that they are about the length of spaghetti.

2. 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 with pasta tongs and cook until al dente — they should be wilted, but still have a crunch; 5 to 7 minutes.

3. 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.

4. Stir in the tomatoes and basil. Cook for one minute. Use pasta tongs to transfer the noodles, tomatoes, and basil to a serving dish.

Makes 3 servings.

Serving Size = 1 cup

Enjoy with 3 oz protein & 1 cup of on plan fruit for a complete meal.

