



Parmesan Zucchini Noodles (Zoodles)

Prep: 10 minutes | Cook: 5 minutes | Total: 15 minutes

Yield: 2 servings | Serving Size: 1 cup

Ingredients

- 1 medium zucchini
- 1 tablespoon olive oil
- 2 tablespoons grated parmesan cheese
- ¼ teaspoon ground black pepper
- 1 tablespoon chopped fresh basil (or 1 teaspoon dried basil)

Directions

1. Using a spiralizer, cut the zucchini into noodles.
2. Heat a medium skillet or sauté pan over medium-high heat.
3. Add the oil and heat until shimmering.
4. Add the zucchini noodles and cook, tossing occasionally, until slightly wilted and tender, about 5 minutes. Be careful to not overcook or they will get mushy.
5. Remove from the heat.
6. Add the parmesan, black pepper, and basil. Toss to combine.
7. Serve warm.

Recipe Notes

- If you do not have a spiralizer, slice the zucchini lengthwise into thin strips, then slice them again to resemble long thin noodles.
- Substitute yellow summer squash for the zucchini, if desired.

Nutrition Facts Per Serving: Calories: 110 | Total Fat: 9 g | Saturated Fat: 2 g
Sodium: 100 mg | Total Carbohydrate: 4 g | Dietary Fiber: 1 g | Protein: 4 g

For more recipes, please visit www.nutrition.va.gov



VA | U.S. Department
of Veterans Affairs