



Zucchini Noodles

Servings 2 | Prep time 15 mins. | Total time 55 mins.

Equipment:

Baking sheet
Paper towels
Grater with large holes

Utensils:

Measuring cups

Ingredients

2 large zucchinis (about 4 small zucchinis)
Coarse kosher salt
1 24 ounce jar tomato sauce (optional)

Instructions

1. Before you begin, wash your hands, surfaces, utensils, and produce.
2. Preheat oven to 200 degrees.
3. Using side of grater with large holes, drag long side of a zucchini down grater in a long, smooth motion. Make sure to grate zucchini longways so that you end up with long noodles instead of short pieces.
4. Grate the same area of the zucchini several times and then rotate to a new side and grate again, working around zucchini until you are left with a seedy core. Discard core and repeat with remaining zucchini.
5. Place zucchini noodles on a paper towel-lined baking sheet. Sprinkle with coarse salt and bake in preheated oven for 30 minutes.
6. Remove zucchini noodles from oven. Serve with tomato sauce that has been heated.

Nutritional Information:

Calories 60
Total Fat 1g
Sodium 610mg
Total Carbs 10g
Protein 4g