



# Zucchini Noodles

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

**Equipment:** Oven, Grater with large holes, Baking sheet, Paper towels

## Ingredients

2 large OR 4 small zucchini  
Coarse salt  
Your favorite pasta sauce (optional)

## Tips

- You can use a vegetable peeler for wider noodles.
- Spiralizers create vegetable noodles and hand-held spiralizers can be found inexpensively.
- If you're in a hurry, you can skip the oven step, but it will result in a lot more moisture in the final dish.

## Instructions

1. Before you begin, wash your hands, surfaces, utensils, and produce.
2. Pre-heat 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 your favorite pasta sauce that has been heated.

## Nutritional Information:

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