

Zoodles



INGREDIENTS:

2 to 3 medium-sized zucchinis

1 tbsp extra-virgin olive oil

sea salt and pepper

INSTRUCTIONS:

- 1.** To make zoodles with a peeler: Peel down the length of the zucchini repeatedly. Alternatively, use a spiralizer and follow the manufacturer's directions for use.
- 2.** Sprinkle the zoodles with a pinch of salt, press between paper or reusable towels, and let sit for 10 to 15 minutes. Pat dry once more before cooking. This ensures your zoodles aren't too watery.
- 3.** Sauté the zoodles in a pan with the olive oil over medium heat for about five minutes, or until the zoodles become tender.
- 4.** Sprinkle with pepper and serve with your favorite sauce. (We suggest marinara.)
- 5.** Enjoy!

