



# GARLIC BUTTER ZUCCHINI NOODLES

**WITH PARMESAN CHEESE OR VEGAN PARMESAN**

By Dr. Cindy Tanzar

(Standard, Vegan/Vegetarian Options & Maintenance Plans)

This delicious recipe is a light, refreshing take on garlic butter pasta that provides great flavor and texture, while being weight-loss friendly. Since zucchini sizes vary, you will want your butter/olive oil to be one Tbsp per cooked cup of zucchini (or use less and add more fat into your meal). The Parmesan (for maintenance) or Genesis Vegan Parmesan elevates this dish even more. If you don't have Vegan Parmesan on hand, this is a very simple and wonderful staple for use in many dishes.

Makes 4-6 servings. One serving is 1 cup and covers your cooked vegetable and fat for one meal.



## INGREDIENTS

2-3 medium-sized zucchini, spiralized\* and trimmed to desired length  
3 Tbsp Kerry Gold butter or extra virgin olive oil for vegan/vegetarian options  
2-3 cloves garlic, minced or 1 tsp. garlic powder (or to taste)  
1/2 tsp. Italian seasoning, optional  
Red pepper flakes, optional  
Pink Himalayan salt & black pepper, to taste



Chopped fresh parsley or basil (optional)

Grated Parmesan cheese (maintenance only) or Genesis Vegan Parmesan (in recipes)

## INSTRUCTIONS

Spiralize your zucchini. For the best results, salt the zucchini and set it over the sink in a colander to drain for 30 minutes. It will remove much of the water and prevent watery noodles. You can skip this step, but will need to mop up a lot of water in the pan after cooking, then add your butter/olive oil.

Melt butter in a skillet over medium heat. Add garlic and cook for 30 seconds. Stir in noodles, Italian seasoning and red pepper flakes, sautéing for 5 minutes, turning noodles often. Adjust seasonings.

Remove from heat and garnish with parsley or basil and Parmesan.

\*Spiralizers are great fun and add quick mountains of noodles in no time. It is much less expensive than purchasing already spiralized noodles in the store. The handheld variety can be annoying, but one that stabilizes on the counter is easy, fast and produces a greater yield. I have used the Veggetti (around \$19-20) for years, and it still works great. Make sure it's not the handheld, as it has an option for that.