

Basic Zucchini Noodle

PREP TIME

10 min

TOTAL TIME

20 min

Nutrition Information Per Serving

Makes 4 servings

FAT

1g

PROTEIN

4g

CARBS

9g

CALORIES

50

Ingredients

6 medium zucchini

Salt as needed

Instructions

To make the noodles:

Option 1: Use a spiralizer or hand-spiralizer: cut off the ends, place on the spiralizer and spiral until entire zucchini is made into noodles.

Option 2: Use a mandoline to slice into noodles (careful, the blades can be sharp!).

Option 3: Use a vegetable peeler to “peel” into noodles. You may need to slide the noodles a second time length-wise for thinner noodles based on your preference.

To cook the noodles:

Option 1: If using noodles in a Virta recipe or any other recipe with step-by-step

instructions, cook zucchini noodles according to recipe directions.

Option 2: Microwave in 30-second intervals until warmed through.

Option 3: Add one tablespoon oil to pan and saute for 1-2 minutes.

Option 4: Boil 1-2 quarts water and cook for 1 minute.

Option 5: Preheat the oven to 200F. Lay zucchini noodles on a baking sheet lined with a paper towel. Sprinkle with salt to help draw out the moisture and bake for 10-15 minutes. You may need an additional squeeze (or two!) when finished to remove any remaining water.

Option 6: Eat raw with your favorite sauce!