

GARLIC BASIL ZUCCHINI NOODLES



SERVING SIZE

4



INGREDIENTS

ITEM

Spiralized Zucchini
Olive Oil
Cloves Garlic, Chopped
Red Pepper Flakes (Optional)
Basil Leaves, Cut Into Ribbons
Salt

QUANTITY

8 (1½ Lbs) Cups
3 Tbsp.
3
¼ Tsp.
12
To Taste



PREPARATION

- Heat olive oil in a large skillet over medium heat.
- Add garlic and red pepper flakes (if using). Sauté for 1 minute until fragrant.
- Add spiralized zucchini and toss to coat.
- Cook for 2-3 minutes until just tender — avoid overcooking.
- Season lightly with salt and remove from heat.
- Stir in fresh basil ribbons just before serving. Enjoy!