



GARLIC ZUCCHINI NOODLES



SERVING SIZE

2



INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Spiralized zucchini (from 3-4 small/medium zucchini, about 1½ lb)	8 cups	Red pepper flakes (optional)	¼ tsp
Olive oil	1 tbsp.	Basil leaves (cut into ribbons)	12
Garlic cloves, chopped	3	Celtic sea salt	To taste
		Lemon juice	2 tbsp



PREPARATION

- Heat olive oil in a large skillet over medium heat.
- Add chopped garlic and red pepper flakes (if using). Sauté 30-60 seconds until fragrant.
- Add spiralized zucchini and toss gently. Cook 2-3 minutes until just tender (do not overcook).
- Remove from heat and stir in lemon juice and basil ribbons.
- Season with Celtic sea salt to taste and serve immediately.