

# GARLIC ZUCCHINI NOODLES



## SERVING SIZE

2



## INGREDIENTS

### ITEM

Spiralized zucchini (from 3-4 small/medium zucchini, about 1½ lb)

Olive oil

Garlic cloves, chopped

### QUANTITY

8 cups

1 tbsp.

3

### ITEM

Red pepper flakes (optional)

Basil leaves (cut into ribbons)

Celtic sea salt

Lemon juice

### QUANTITY

¼ tsp

12

To taste

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.