

Zucchini Noodles "Zoodles"

Ingredients:

1 zucchini

1 tablespoon olive oil

1 clove garlic, minced

Salt and pepper to taste

Directions:

- Spiralize zucchini into noodle-like shapes.
- Heat oil in sauce pan.
- Sauté garlic about 30 seconds or until fragrant.
- Add zoodles to pan and sauté 5-6 minutes until slightly tender.
- Season with salt and pepper as desired.
- Place zoodles on plate, and enjoy alone or with your favorite sauce!

Notes:

