

Garlicky Zucchini Noodles

- Submitted by Isha Triguero, Wellness Ambassador

INGREDIENTS

To make the zucchini noodles, use a spiralizer (*about \$10 at [Amazon](#)*) for 2 zucchinis

- 2 - 3 Tbsp of olive oil
- 1 Tbsp of butter
- 2 - 3 Tbsp of garlic (or however you prefer)
- 2 Tbsp olive oil
- A dash of black pepper
- Red pepper flakes to your taste

DIRECTIONS

1. In a pan, sauté all the ingredients for about 7 minutes and remove from heat.
2. Add some Parmesan cheese
3. A pinch of lemon zest ([How to Zest a Lemon](#))
4. Serve alone or add grilled chicken!
5. Another option: Serve with shrimp with the same ingredients from above (except the cheese)
6. Enjoy this super-fast and filling recipe!