

Greek Zoodles

Greek Zoodles cook in just 10 minutes and are full of fresh, clean flavors. Use as a light side or pair with grilled chicken or shrimp for a meal!



Ingredients

- 2 large thin OR 4 small thin zucchini (1lb,) spiralized using the fattest noodle blade or purchase the “zoodles” premade in the produce aisle
- 2 Tablespoons extra virgin olive oil
- 1 small shallot or 1/2 small onion, chopped
- 2 garlic cloves, minced
- salt and pepper
- pinch dried oregano
- 1/3 cup kalamata olives, halved
- 2 Tablespoons sun dried tomatoes packed in oil
- 3oz crumbled feta cheese =
- 1/2 lemon

Instructions

1. Heat extra virgin olive oil in a large over medium heat. Add shallots then saute until tender, 5 minutes. Add garlic then saute until very fragrant, 30 seconds. Add zucchini noodles then turn the heat up to medium-high and season with salt, pepper, and dried oregano.
2. Saute zucchini noodles until they just begin to soften then add kalamata olives and sun dried tomatoes, and continue sauting until zucchini is al dente. Add feta cheese and desired amount of lemon juice then toss to combine and serve. Add grilled chicken or shrimp to make it a meal!