

'Zoodles' Zucchini Noodles Alfredo

Looking for a way to get in more non-starchy vegetables?! Zucchini noodles are hot right now. You can either use one of the new vegetable spiralizers or a mandolin to get a cut that will remind you of a “noodle”. However if you do not have one of those, you can use a knife or a vegetable peeler or even cut across into rounds. This is a creamy cheesy dish to satisfy even the heartiest appetites! Keep the flavors simple and clean to showcase the zucchini. It's just delicious, fresh and healthy!

Ingredients:

- ½ cup part skim milk ricotta
- ½ cup grated Parmesan or Romano cheese
- sea salt and freshly ground black pepper
- 1 garlic clove, minced
- 2 teaspoons olive oil
- 3 medium zucchini, cut into strips, noodles, zoodles, rounds, or strips
- Crushed red pepper



Directions:

1. In a bowl or food processor blend ricotta, Parmesan, ¼ teaspoon salt and black pepper to taste. Set aside.
2. In a large skillet or wok, sauté the garlic in the olive oil until lightly golden. Add zucchini noodles and toss over medium high heat until softened, 4 to 5 minutes. Season with salt and pepper to taste, along with a pinch of crushed red pepper. Remove pan from heat.
3. Add the cheese mixture to the pan and carefully fold in as it softens and melts. Add additional salt and pepper to taste if needed.

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