

# Basic Zucchini Noodle

## PREP TIME

10 min

## TOTAL TIME

20 min

## Nutrition Information Per Serving

Makes 4 servings

### FAT

1g

### PROTEIN

4g

### CARBS

9g

### CALORIES

50

## Ingredients

---

6 medium zucchini

---

Salt as needed

---

## Instructions

### To make the noodles:

**Option 1:** Use a spiralizer or hand-spiralizer: cut off the ends, place on the spiralizer and spiral until entire zucchini is made into noodles.

**Option 2:** Use a mandoline to slice into noodles (careful, the blades can be sharp!).

**Option 3:** Use a vegetable peeler to “peel” into noodles. You may need to slide the noodles a second time length-wise for thinner noodles based on your preference.

### To cook the noodles:

**Option 1:** If using noodles in a Virta recipe or any other recipe with step-by-step

instructions, cook zucchini noodles according to recipe directions.

**Option 2:** Microwave in 30-second intervals until warmed through.

**Option 3:** Add one tablespoon oil to pan and saute for 1-2 minutes.

**Option 4:** Boil 1-2 quarts water and cook for 1 minute.

**Option 5:** Preheat the oven to 200F. Lay zucchini noodles on a baking sheet lined with a paper towel. Sprinkle with salt to help draw out the moisture and bake for 10-15 minutes. You may need an additional squeeze (or two!) when finished to remove any remaining water.

**Option 6:** Eat raw with your favorite sauce!