Parmesan Zucchini Noodles (Zoodles)

Prep: 10 minutes | Cook: 5 minutes | Total: 15 minutes

Yield: 2 servings | Serving Size: 1 cup

Ingredients

1 medium zucchini
1 tablespoon olive oil
2 tablespoons grated parmesan cheese
¼ teaspoon ground black pepper
1 tablespoon chopped fresh basil (or 1 teaspoon dried basil)

Directions

1. Using a spiralizer, cut the zucchini into noodles.
2. Heat a medium skillet or sauté pan over medium-high heat.
3. Add the oil and heat until shimmering.
4. Add the zucchini noodles and cook, tossing occasionally, until slightly wilted and tender, about 5 minutes. Be careful to not overcook or they will get mushy.
5. Remove from the heat.
6. Add the parmesan, black pepper, and basil. Toss to combine.
7. Serve warm.

Recipe Notes

• If you do not have a spiralizer, slice the zucchini lengthwise into thin strips, then slice them again to resemble long thin noodles.
• Substitute yellow summer squash for the zucchini, if desired.