

Zucchini Noodles with Sun Dried Tomato Cream Sauce

Prep time

15 mins

Cook time

25 mins

Total time

40 mins

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Serves: 2 main servings or 4 side servings

Ingredients

- 3-4 medium zucchinis, cut with a spiraler
- 2 tablespoons unsalted butter
- 2 cloves garlic, minced
- ½ teaspoon red pepper flakes
- 1½ cup chicken broth
- ½ cup heavy cream
- ⅓ cup julienned sun dried tomatoes
- ½ cup freshly grated Parmesan cheese, divided
- ¼ teaspoon dried thyme
- ½ teaspoon dried oregano
- 6-8 basil leaves, chiffonade



Instructions

1. In a large skillet, melt 2 tablespoons of butter. Once the butter has melted, add the garlic and red pepper flakes and cook 2-3 minutes or until garlic is fragrant.
2. Add the chicken broth, heavy cream, sun dried tomatoes, ¼ cup Parmesan cheese, thyme and oregano.
3. Bring to a boil and then reduce to a low simmer.
4. Cook until sauce has thickened and coats the back of a spoon.
5. Quickly add the zucchini noodles, tossing just to coat.
6. Remove from heat, add remaining Parmesan cheese and top with basil chiffonade.
7. Serve immediately.

Notes

This recipe was adapted from [Damn Delicious](#)

Recipe by a happy food dance at <http://ahappyfooddance.com/zucchini-noodles-sun-dried-tomato-cream-sauce/>