



Zucchini 'Noodles'



Prep
35 m

Cook
10 m

Ready In
45 m

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Safeway
1500 Solano Ave
ALBANY, CA 94707

Recipe By: Becka

"A tasty and fairly simple way for people on a gluten-free or wheat-free diet to enjoy a noodle dish. I usually use 4 zucchini and 2 summer squash for a colorful mix."

Ingredients

6 zucchini
2 teaspoons salt
3 tablespoons margarine

1 clove garlic, minced (optional)
salt and black pepper to taste
1/4 cup grated Parmesan cheese



Squash Zucchini /
Courgette
1 lb For \$1.79 -
Expires in 3 days

Directions

- 1 Cut zucchini into thin, noodle-like strips (a mandoline works well for this). Toss with the 2 teaspoons salt, and place in a colander to drain for 30 minutes.
- 2 Bring a pot of water to boil. Add zucchini; cook for one minute. Drain; rinse immediately with cold water to stop cooking.
- 3 Heat margarine in a large skillet over medium high heat. Add zucchini and garlic; cook and stir until just tender, about 5 minutes. Season to taste with salt and pepper. Sprinkle with Parmesan cheese.

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