

ZOODLES

UNIVERSITY OF
MARYLAND
EXTENSION



Ingredients:

- 2 pounds zucchini
- 2 tablespoons extra virgin olive oil
- 2 pinches salt & pepper to taste
- $\frac{1}{2}$ - $\frac{3}{4}$ cup fresh tomato sauce (optional)
- $\frac{1}{4}$ cup freshly grated Parmesan, for serving

Instructions:

1. Use vegetable peeler to cut zucchini into strips. Turn the zucchini as you peel, stopping when you reach the seeds. Throw away center (or save in freezer to add to soups or smoothies).
2. Cook the zucchini strips in 2 batches. Heat 1 tablespoon of the oil in a large nonstick skillet over medium-high heat and when it is hot, add the zucchini ribbons and pinch teaspoon kosher salt. Cook, tossing and stirring the zucchini, for 2 to 3 minutes only, just until beginning to soften. Add freshly ground pepper to taste, and transfer to a serving dish. Repeat with the remaining olive oil and zucchini. Serve, topping with tomato sauce and freshly grated Parmesan, if desired.



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