

## Spinach and Parmesan Zucchini Noodles



Serves: 3 - 4

### Ingredients:

- 2 tablespoons unsalted butter (You can use regular butter, but the salted butter may make it easier to burn the garlic.)
- 1 -2 cloves of garlic, crushed (you can buy it already crushed)
- 2 cups fresh spinach, washed
- 3 medium-sized zucchinis (peeled and spiralized)
- ¼ cup grated Parmesan cheese
- 1 tsp olive oil
- Salt and pepper to taste
- Dash of Crushed red pepper (optional)

### Directions:

1. Spiralize the zucchini and place on paper towels. The towels will absorb some of the excess moisture from the zucchini.
2. Melt the butter in a large skillet over medium heat. Then add the garlic and cook for about 2 minutes. (The garlic should start to turn golden, but be careful not to burn it.)
3. Add the zucchini noodles and spinach. Gently toss the vegetables until the spinach starts to wilt (about 2 -3 minutes). The zucchini noodles are easy to overcook. Don't let them get too soft.
4. Coat the vegetables with olive oil, Parmesan cheese, salt and pepper to taste.
5. Remove from heat and serve immediately.