

Zoodles with Garlic and Parmesan



Ingredients:

- 3 medium spiralized zucchini, spiralized
- 2 cloves minced garlic
- 2 – 3 Tablespoons, butter
- 1/3 cup grated parmesan cheese
- ¼ tsp. freshly ground black pepper
- Salt to taste (optional)
- Dash of red pepper (optional)

Directions:

1. Heat a large frying/sautéing pan over medium heat.
2. Slowly melt the butter
3. Once the butter has melted add the garlic and sauté until it starts to become golden. (Be careful not to burn the garlic. If it starts to cook too quickly, turn the heat down.
4. Add the spiralized zucchini and gently stir in the grated cheese.
5. Cook for another 2 – 3 minutes-until the noodles start to soften and the cheese has melted.
6. Serve immediately.