

Zucchini “Noodles”

YIELD: 4 servings

4 zucchini, julienned with a mandolin or spiralizer (about 4 cups)
1 tablespoon extra-virgin olive oil
*1 24oz jar **Costantino's Kitchen Tomato Basil Pasta Sauce**, heated*
1 cup Parmesan cheese, grated

Place the julienned zucchini in a colander or wire strainer and toss generously with salt until the strands are lightly coated. Allow the zucchini to sit for 20-30 minutes to remove excess water. Rinse with running water, drain well, and pat dry with paper towels. Spread out on paper towel lined sheet pan and place in the fridge, uncovered, for 1-2 hours.

Heat a large non-stick skillet over medium-high heat and add the prepared zucchini noodles. Sauté them in the dry pan until just tender, about 1-2 minutes.

Remove and top with pasta sauce. Garnish with Parmesan cheese, if desired.



Mangia bene!!

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