

Herbed Zucchini Noodles
Jan Lane

2 Large zucchini
2 tsp olive oil
1 TBSP parsley
1 TBSP thyme
½ TBSP oregano
1 tsp lemon pepper
4 oz egg noodles, cooked and drained
1 TBSP parmesan cheese, grated

Carefully drag a vegetable peeler the length of the zucchini to create long strands.
Heat a large nonstick sauté pan over medium heat with olive oil.
Add zucchini and quickly toss to coat with oil. Add spices and toss again and warm through, about 1 minute.
Add egg noodles; toss again until pasta is warmed through the zucchini remains crisp tender.
Sprinkle with parmesan cheese.

Yield: 4 servings

151/24/6/4/124

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