








ZOODLES IN THE MICROWAVE

Makes 4 Servings

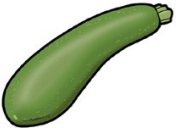

Nutrients Per Serving:

16 Calories | 0g Fat (0g Saturated) | 3.5g Carbohydrates | 0g Added Sugar | 1g Protein | 10 mg Sodium | 1g Fiber

Equipment Needed

 Paring knife	 Vegetable spiralizer	 Cutting board	 Microwave safe bowl
 Measuring spoons	 Paper towels	 Microwave	








Ingredients Needed

 1 zucchini	 1 tablespoon water		
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Recipe continued on back page.

Directions

(Tbsp = tablespoon, tsp = teaspoon)

<p>1</p>  <p>Wash hands.</p>	<p>2</p>  <p>Rinse zucchini with water and cut off the end.</p>	<p>3</p>  <p>Spiralize zucchini, using the thick setting, into a microwave safe bowl.</p>	<p>4</p>  <p>Note: There is usually some zucchini left at the end that cannot be spiralized. Chop the remaining spiralized zucchini and add it with the rest spiralized zucchini.</p>
<p>5</p>  <p>Stir in 1 Tbsp of water to zoodles.</p>	<p>6</p>  <p>Cover bowl with a damp paper towel.</p>	<p>7</p>  <p>Microwave for 1 minute and check doneness. The longer they are cooked, the more tender they become.</p>	