

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Creamy Garlic Parmesan Zoodles

From www.momendeavors.com

Serves 2-4

1 Tbsp butter

2 cloves garlic, minced

4 oz cream cheese

2-3 Tbsp milk, half and half, or heavy cream

¼ cup Parmesan cheese

4-5 medium zucchini, spiralized (I bought mine already spiralized in the Dierberg's produce department)

Salt and pepper to taste

Sliced cherry tomatoes for garnish – optional

1. In a large pan, melt butter over medium low heat. Then add minced garlic.
2. Let the garlic and butter cook together for a minute or so, then add cream cheese and milk.
3. Allow the cream cheese to melt and start forming a simple sauce.
4. Add in all the zucchini noodles. Toss the zoodles to coat with the sauce.
5. Add Parmesan cheese and cook all together, just until the noodles are barely fork tender and all the cheese has melted.
6. Serve immediately.