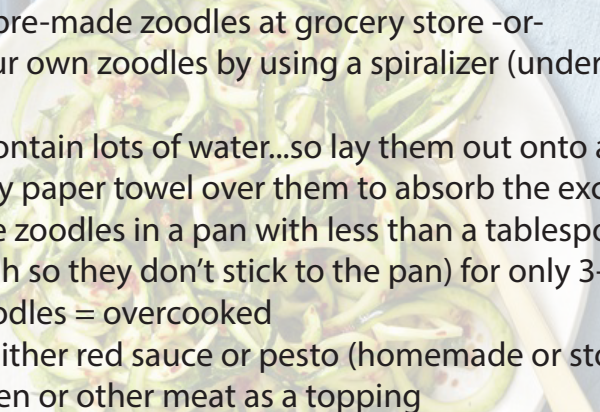


SIMPLE TIPS FOR CREATING GREAT TASTING ZOODLES:

aka: zucchini noodles

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- Purchase pre-made zoodles at grocery store -or-
 - Create your own zoodles by using a spiralizer (under \$30 on amazon)
 - Zoodles contain lots of water...so lay them out onto a dish towel and then lay paper towel over them to absorb the excess water
 - Sautee the zoodles in a pan with less than a tablespoon of oil (just enough so they don't stick to the pan) for only 3-5 minutes
 - Mushy zoodles = overcooked
 - Top with either red sauce or pesto (homemade or store bought)
 - Add chicken or other meat as a topping