



Lemon Garlic "Noodles" with Roasted Tomatoes

Prep Time 20 mins
Total Time 40 mins

Meal Type Lunch, Dinner
Contributed By



Source [Living Plate](#)

Servings 6



Ingredients

- 3 lb zucchini, *spiralized*
- 3 Tbs pine nuts, *lightly toasted*
- 4 Cloves garlic
- 1 qt cherry tomatoes, *washed and drained*
- 1 Tbs olive oil
- 1/4 tsp salt
- 1 tsp dried oregano
- 3 Tbs olive oil
- 1 lemon, *zested and juiced* (for about 1 teaspoon zest and 2 1/2 teaspoons juice)
- salt, *to taste*
- pepper, *to taste*

Directions

Prep

1. Preheat oven to 375°F.
2. Spiralize zucchini using a spiralizer.
3. Toast pine nuts in a dry pan over low-medium heat. Stir frequently for about 3-5 minutes until they are golden brown.
4. Press or mince garlic.
5. Wash and drain cherry tomatoes.

Make

1. Toss tomatoes with oil, salt, and oregano. Roast for about 15-20 minutes until browned and soft. Remove from oven and set aside.
2. Meanwhile place zucchini in a large bowl with a few pinches of salt. Toss well and set aside to sweat while you prepare lemon-garlic sauce.
3. Place olive oil, lemon zest, lemon juice, and garlic in a small sauté pan. Gently warm until fragrant.
4. Add zucchini noodles to pan and stir to coat. Remove from heat.
5. Toss in tomatoes, season with salt and fresh pepper and serve immediately.

Notes

Use the garlicky noodles as a base for any vegetable topping. Check with your local grocer as many are now selling pre-spiralized "zoodles." Paderno is an excellent, affordable brand of spiralizer – easy to clean too!

(Facts are pulled from USDA database. New FDA Nutrition Facts label with expanded macronutrient and micronutrient information coming soon!)

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	
Calories 189	Total Fat 13.02g	20%	Total Carbohydrates 17.99g	5%	* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
per serving			Dietary Fiber 5.49g	21%	
			Total Sugars 10.81g		
			Protein 5.05g		

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