

Lemon Garlic “Zoodles” with Roasted Tomatoes

This simple recipe is a light, flavorful, and affordable way to prepare a satisfying pasta-like meal that’s perfect for summer. Top with a protein of your choice (e.g. grilled chicken, browned ground turkey, fish etc.) or enjoy as is. And don’t worry if you don’t have a spiralizer to make the “zoodles” – you can simply use a vegetable peeler to peel zucchini into long, thin ribbons.

Prep time: 10 minutes

Cook time: 20 minutes

Total time: 30 minutes

Serves 4

Ingredients

- 1 pint cherry tomatoes
- 3 tablespoon extra virgin olive oil, divided
- 1 teaspoon dried oregano
- ¼ teaspoon salt
- 4 medium zucchini or summer squash, spiralized or peeled into thin ribbons
- 1 teaspoon lemon zest
- 1 tablespoon lemon juice
- 3 cloves garlic, minced
- Salt and pepper to taste
- Optional: ¼ cup grated parmesan

Instructions

1. Preheat oven to 375 degrees Fahrenheit. Line a rimmed baking sheet with parchment paper.
2. Toss tomatoes with 1 tablespoon of olive oil, dried oregano, and ¼ teaspoon salt. Place in the oven and roast for 20 minutes until they start to soften and brown.
3. While tomatoes are roasting, slice ends off zucchini and use a spiralizer to spiralize the zucchinis into noodle-like strands. If you don’t have a spiralizer, you can simply use a vegetable peeler to peel the zucchini into long, wide ribbons.
4. In a medium sauté pan, heat 2 tablespoons olive oil over medium heat. Add the lemon zest, lemon juice, and garlic to the pan. Gently warm until oil becomes fragrant, approximately 1 minute. You may need to lower heat slightly to prevent oil from burning/smoking.
5. Add zucchini “noodles” (aka “zoodles”) to the sauté pan and stir to coat. Warm zucchini noodles for 2-3 minutes over medium heat. Remove from heat until roasted tomatoes are done.
6. When ready to serve, plate the zucchini noodles on a plate or bowl then top with roasted tomatoes, salt, pepper, and grated parmesan.