



# ZUCCHINI NOODLE SPAGHETTI

## MAKES 1 SERVING

### Ingredients:

- 1 medium zucchini
- ¼ c marinara sauce (check ingredients for added sugar and sodium) or use home-made marinara sauce

### Directions:

Clean the zucchini. Use a handheld peeler to make zucchini noodles. Then top with marinara sauce. Serve noodles raw for a crunchy noodle or heat to soften.

Top with Parmesan cheese, additional vegetables, and/or a lean protein if desired.