

Ribbon Zucchini Noodles



PREP TIME:
10 MINUTES

COOK TIME:
10 MINUTES

TOTAL TIME:
20 MINUTES

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Recipe type: Gluten Free
Yield: 4 Servings

Ingredients:

- 1 TBSP Extra Virgin Olive Oil
- 1/2 Large Red Onion – Sliced Thin
- 3-5 Garlic Cloves - Minced
- 2 Medium/Large Zucchini's – Peeled into Ribbon Slices or Spiralized
- 1 TBSP Ghee or Vegan Butter
- ½ Teaspoon Himalayan Sea Salt
- ½ Teaspoon Dried Thyme
- ½ Teaspoon Dried Rosemary
- 1 TBSP Nutritional Yeast
- Cracked Black Pepper to Taste
- 1 TBSP Romano Cheese Shredded
- **Optional:** Hot Red Pepper Seeds to Taste

Instructions:

1. Heat a large sauté pan on medium heat. Add olive oil to bottom of pan.
2. Add onion and allow to cook down and soften for 5-6 minutes.
3. Add garlic and give a stir for about 30 seconds. Then add zucchini to pan.
4. Next stir in ghee, salt, rosemary, and thyme. Stir until combined. Lower heat.
5. Add in nutritional yeast and stir until mixed in.
6. Add black pepper to taste and toss in the Romano cheese for additional flavor.
7. Enjoy topped with [fast baked chicken](#), [crispy garlic shrimp](#), [pulled pork](#), [beef & noodles](#), etc.

***Try and use all organic ingredients if possible.**

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