

# Sautéed Julienne Zucchini “Noodles”

A [mandoline](#) or [spiralizer](#) lets you easily transform zucchini into noodles. Use this recipe as a base of “noodles” to serve with tomato sauce and your favorite vegan, chicken or grass fed beef meatballs. It is also a tasty side dish to serve with chicken or fish. Try other herbs like marjoram or thyme in place of the basil for variation.

Gluten Free, Dairy Free, Vegan, Paleo

2 servings

2 medium zucchini rinsed, dried, ends trimmed

½ - 1 tsp Celtic sea salt

1 garlic clove pounded to a puree

2 Tb olive oil

3 Tb coarsely chopped fresh basil

- Shred the zucchini using the julienne blade of a mandoline or the large holes of a box grater
- Layer the zucchini into a mixing bowl, salting each layer lightly (The amount of salt to use will have the zucchini taste highly seasoned but not salty)
- Let stand for 20 minutes.
- Peel the garlic and chop.
- Smash the garlic on a cutting board with the broad side of a chef’s knife. Place a pinch of salt on the smashed clove, and mash the salt into the garlic until you get a puree. Alternately use a mortar and pestle.
- Scrape the garlic into a small bowl
- Drain the zucchini in a colander, squeezing tightly to remove as much liquid as possible
- Heat olive oil on medium-high heat in a heavy bottomed sauté pan

- Add the drained zucchini and sauté, tossing frequently and spreading the zucchini out in the pan with a spatula and pressing down to help it brown lightly about 7 minutes
- When the zucchini is cooked, add garlic and stir to combine evenly.
- Remove the pan from the heat and stir in the chopped basil
- Serve hot or at room temperature