



garlic buttered “zoodles”

This is always a favorite with my kids. Who doesn't love buttery, cheesy noodles? Spiralizing zucchini performs noodle magic, and these really do feel like noodles! I love that zucchini has a rather mild flavor because you really can dress it up however you want.

When that summer zucchini is overflowing your garden or farmers' market, you can plan on this as a side dish with dinner weekly, or even add other chopped veggies to it and make it lunch!

yield: 2 adult and 3 small-child servings

- 3 tbsp (43 g) butter
- 2 large cloves of garlic, minced
- 2 medium zucchinis, spiralized
- ¼ tsp sea salt
- ⅓ tsp ground pepper
- Grated raw cheese or Parmesan

Melt the butter in a large skillet and add the garlic. Cook on medium-low heat for about 3 minutes.

Add the spiralized zucchini, salt and pepper, toss to combine (I like to use tongs), and turn the heat up to medium-high. The zucchini will release some water once the salt hits it, and you want to cook this off while the zucchini cooks. Cook for about 5 to 7 minutes until the zucchini “noodles” are cooked but still have a little bite to them.

Grate the cheese over each serving, or you can stir about ⅓ cup (30 g) of grated cheese into the whole pan.

Baby can eat these zucchini noodles cut up on the plate as finger food or pureed with a little bone broth or water.

notes: Cut your “zoodles” before cooking them if they are really long. That will make it easier for the little ones to eat them.

Dress your “zoodles” up with fresh herbs of the season if you want! I like fresh basil or even a dried Italian herb blend.