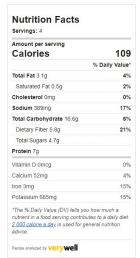
Joy of Living Cooking School August 2022 – Zoodles

Mediterranean Zoodles (4 Servings)

10 oz Cherry Tomatoes, halved 4 Garlic Cloves, Minced 12 oz Zucchini Zoodles 1/2 cup Water-packed Artichokes, drained & chopped 1/4 cup Sundried Tomatoes, chopped 1/4 cup Kalamata Olives, pitted & diced 1/4 cup Hummus 1/2 cup Basil, Chopped 1 teaspoon Lemon Juice 2 tablespoons Nutritional Yeast





Preheat a large skillet over medium-high heat. Add the cherry tomatoes. Sauté for

3 minutes until the tomatoes are soft, stirring often, adding small amounts of water as needed to prevent sticking. Add the garlic and cook another minute. Add the remaining ingredients and cook for two more minutes until the zoodles start to soften and everything is heated through. Turn off the heat. Gently fold in the sauce in small amounts until it is coated to your liking.

Transfer to a serving bowl and top with more chopped basil.

Serve warm.

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Asian-Style Zoodles (4 Servings)

1/3 cup Nut/Seed Butter of choice

- 1 tablespoon Liquid Aminos
- 1 tablespoon Lime Juice
- 1 tablespoon Agave Syrup
- 1 teaspoon Ginger, grated
- 1 clove Garlic, minced

Water to taste

- 1 cup Carrot, grated
- 1 cup Purple Cabbage, grated
- 1/2 Red Bell Pepper, sliced thinly
- 2 Green Onions, sliced thinly with white
- & green parts separated
- 12 oz Zucchini Zoodles
- 1/4 cup Cilantro Leaves



168
% Daily Value
12%
5%
0%
7%
7%
9%
0%
5%
9%
9%
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In a small mixing bowl combine the nut/seed butter, liquid aminos, lime juice, agave syrup, ginger, and garlic. Whisk to combine adding water as needed until the sauce reaches the desired consistency.

Preheat a large skillet over medium-high heat. Add the carrot, cabbage, and bell pepper. Sauté for 3 minutes, stirring often, adding small amounts of water as needed to prevent sticking. Add the white onion slices and cook another minute. Add the zoodles and cook for two more minutes until they start to soften. Turn off the heat. Gently fold in the sauce in small amounts until it is coated to your liking. Transfer to a serving bowl and top with the sliced green onion tops and cilantro.

Serve warm or chilled.