

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



Nutrition Facts	
Servings: 4	
Amount per serving	
Calories	109
	% Daily Value*
Total Fat 3.1g	4%
Saturated Fat 0.5g	2%
Cholesterol 0mg	0%
Sodium 389mg	17%
Total Carbohydrate 16.6g	6%
Dietary Fiber 5.8g	21%
Total Sugars 4.7g	
Protein 7g	
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 3mg	15%
Potassium 685mg	15%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.

Recipe analyzed by **verywell**

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



Nutrition Facts	
Servings: 4	
Amount per serving	
Calories	168
	% Daily Value*
Total Fat 9.4g	12%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 157mg	7%
Total Carbohydrate 19.3g	7%
Dietary Fiber 2.6g	9%
Total Sugars 4.5g	
Protein 5.9g	
Vitamin D 0mcg	0%
Calcium 63mg	5%
Iron 2mg	9%
Potassium 428mg	9%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe analyzed by **verywell**

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.