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Zucchini Spaghetti with Lemon-Tomato Sauce

WHAT WILL I NEED

- 1 large mixing bowl
- Knife + Cutting board
- Measuring spoons/cup
- Large pan with lid
- Spatula
- Spiralizer, julienne slicer, or vegetable peeler

WHAT'S IN THE KIT

- 6 zucchini
- Olive oil to coat pan
- 2 tomatoes, chopped
- 1 white onion, peeled, halved, and thinly sliced
- 2 garlic cloves, chopped
- 2 lemons, juiced
- Dried basil (and/or other spices for seasoning)
- Optional: sesame seeds for topping

HOW DO I MAKE IT

1. Using a Spiralizer, julienne slicer, or regular vegetable peeler, make zucchini spaghetti.
2. Heat the olive oil in a large pan, then add the tomatoes, onion, and garlic. Cook for a few minutes until softened. Season to taste with salt and freshly ground black pepper.
3. Add the lemon juice, dried basil or other spices, and zucchini. Stir together, cover, and cook for 3 to 5 minutes.
4. Plate the zucchini spaghetti, top with sesame seeds, if desired,
5. Enjoy!

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Special Notes about Julienned Zucchini Noodles:

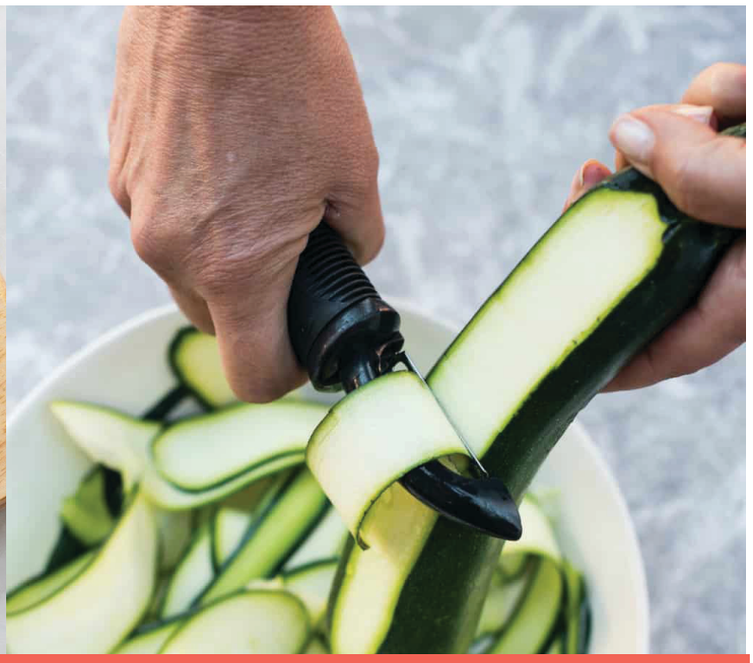
Avoid peeling zucchini before spiraling! Never salt zucchini once it is heating in the pan. It may turn soggy.

Julienned noodles are thinner and straighter than spiralized noodles, but they taste just the same! We love this option because julienne peelers are tiny, so they'll fit in any drawer. They're also affordable!

This method has a couple cons. It takes a little longer than spiralizing since it's a more manual process. And in our experience, the peeler blades dull over time. We replace the julienne peeler every year or so, depending on how much it is used.

If you are using a potato peeler, here are a few tips:

1. Simply slide the peeler over the washed zucchini
2. Peel and slice from the top to the bottom
3. Make as many ribbons are you can, but don't use the very center - it is too flimsy and has too many seeds



FOOD INSECURITY IS A HUMAN ISSUE AND SOLVING IT WILL TAKE ALL OF US

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