

Zucchini Noodles

This is an Asian inspired recipe for zucchini noodles by simply tossing the noodles with the already made ginger onion sauce. Great as a side dish.



This is a simple and healthy way to serve zucchini...and really taste delicious! Just add the Ginger Green Onion Sauce that I posted a while, which you can find the recipe [here](#) and it is ready...Again, this is so easy and simple that I am embarrassed to post it, but hey...I am doing it anyway!

Ingredients:

- Zucchini (as many as you want)
- Ginger green onion sauce to taste



Method:

In a medium pot place water and a pinch of salt and bring to boil.

Wash and trim both end of the zucchini. Using a mandolin slice zucchini lengthwise into long, and thin strands.

Separate the zucchini noodles. Add to the boiling water and cook the zucchini for about 1 minute.

Quickly transfer the zucchini strands to a colander. Place the zucchini noodles into a dish and add the ginger green onion sauce. Mix gently and serve hot or warm.







Enjoy using zucchini as noodle? Please check on this recipe, low carb Zucchini Pasta.



What is the difference between pasta and noodle? It seems that the term pasta is widely used for Italian-style noodles, while “noodle” includes a more general meaning for Asian products. The word “pasta” come from Italian pasta, which means paste or dough, and the word “noodle” comes from German “nudel”, which means pasta.

Thank you for stopping by Color Your Recipes...have

a colorful week!