

Roasted Spiralized Zucchini

I am sure you all had tried spiralized zucchini...how about roasted spiralized zucchini? It is a great replacement for pasta...just top it with your favorite sauce and you are ready for a healthy meal.



I have used spiralized zucchini in so many ways, and most of the time I blanch before topping it with all kind of sauces. Since zucchini contains a lot of water, I thought that roasting it will give this pasta like structure a better texture...and yes, I was right...each strand of zucchini was more pliable and retained more flavor as compared to the blanched ones.

Yes, it is a bit more laborious than just drop the spiralized zucchini into a pot of boiling water, but so worth the extra effort. I hope you get to try this method next time

spiralizing zucchini...

Ingredients:

- 1 lb zucchini, spiralized, I used the Paderno vegetable spiralizer.
- 1 tablespoon olive oil
- Your favorite pasta sauce



Method:

Preheat oven to 375F. Place the spiralized zucchini in a

medium bowl. Drizzle with olive oil, and toss.

Layer the spiralized zucchini on two baking pans lined with silicone mat. Make sure to spread evenly the spiralized zucchini.

Roast for 15 to 20 minutes or until slightly golden. Remove from the oven and divide into two serving bowl. Top it with your favorite pasta sauce. Serve hot.





If you enjoy this simple recipe using spiralized zucchini, you might want to take a look at [Simple Zucchini Ribbons Salad](#).



Did you know that zucchini squash contains more than 90% water? In spite of its high water content, zucchini is a good source of dietary fiber, vitamin C and manganese.



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