Oodles of Zoodles

This week’s recipe isn’t about “low carb-ing it”. It’s about getting more veggies into your meals! In this recipe I have both zoodles and noodles together so that you can get some carbs in your meal. Carbs have been getting a bad rap lately, and it’s unfounded because they are needed by every single cell in the body for energy! Carbs are found in all foods except for meat, poultry and eggs. Foods like juice, fruit, vegetables, beans*, tofu*, milk* and other dairy (and non-dairy) products. REAL cheese has about 1 gm of carbs and in the “diabetic world”, is considered a protein. Eat cheese in moderation due to its saturated fat content. When you eat a lot of animal-based products or processed foods (i.e Crisco), this increases your saturated fat intake, which is what increases your cholesterol levels as well as risk for heart disease and stroke. (Side note: Coconut oil has been touted as a “health food”. Even though coconut oil is plant based, it’s extremely high in saturated fat and needs to be eaten in moderation.)

Back to Zoodles- Zucchini is one of my favorite foods because it tastes good but is also very versatile! You can grill it, roast it, sauté it, noodle it and bake it in breads and brownies. One large zucchini (~323gm) has 92% of your daily needs of VITAMIN C!

Wait- What?!! YES! Vitamin C is not just citrus fruits and strawberries, but zucchini also can help your immune system. NOTE: Vitamin C does not prevent you from getting the common cold, but it does help your immune system to fight it and other infections better.

Zucchini also is a good source of Vitamin B6, potassium, magnesium and manganese AND ~ 4 gm of plant protein! All of these promote energy, supplies electrolytes and aids in central nervous system, mental and heart health. Try out this Zoodle recipe tonight!!

Bon Appetit!

~~ Chef Jen

*Foods like beans, tofu, milk and yogurt are combination foods, which means they have both carbs and protein. It is highly recommended to included these in your diet!