

ZUCCHINI NOODLES WITH ARTICHOKE HEARTS AND OLIVES



Ingredients

2 tablespoons olive oil

2 cloves garlic, minced

14 oz can (or glass jar) of artichoke hearts, diced

1 lemon zested (juice after zesting)

2 tablespoons lemon juice (from the lemon that was zested)

½ cup Kalamata olives, sliced

½ cup fresh tomato, diced

1/3 cup fresh parsley minced

¾ pound spiralized zucchini

Nut-based parmesan or other non-dairy parmesan as desired

*for nut-based parmesan recipes see blog, for store-bought parmesan try Follow Your Heart or Violife

Directions

Heat olive oil in a small pan over medium heat. Add garlic to the hot oil and sauté for about 1 minute until fragrant.

Place artichoke hearts, lemon zest and juice, olives, tomatoes and parsley in a large bowl. Pour warm garlic oil mixture over the vegetables and mix well.

Heat up a large sauté pan for 2 minutes over medium heat. Add zucchini noodles and cook for about 5 minutes.

Once the zucchini is done, add the vegetables and garlic mixture to the zucchini. Toss to combine. Serve with your choice of topping, nut-based parmesan or store-bought.

Recipe adapted from Plantiful Yum Blog