

The Best Way To Cook Zucchini Noodles

Hands-on 10 minutes Overall 30 minutes

Nutritional values (per serving, about 1 cup): Total carbs: 6.2 g, Fiber: 2 g, **Net carbs: 4.2 g**,

Protein: 2.4 g, Fat: 7.4 g, Calories: 94 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 2 servings)

2 medium zucchini (courgettes) or yellow summer squash (400 g/
14.2 oz)

1/2 tsp sea salt

1 tbsp [extra virgin olive oil](#), [ghee](#) or avocado oil (15 ml)

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Instructions

1. To make zucchini noodles, you can use any summer squash — green and/or yellow. Use as many pieces as you make servings.
2. Use a julienne peeler or a spiralizer to turn the zucchini into thin or wide “noodles.” Chop the soft cores.
3. Place the noodles in a large bowl or a baking tray. Add the chopped zucchini cores. (Try to keep them in one place as you'll be cooking these first.) Sprinkle the noodles with salt and let them sit for 10 minutes.
4. Use a paper towel to pat them dry and remove excess moisture. Set aside.
5. Grease a skillet with olive oil (or ghee or avocado oil). Add the chopped zucchini cores and cook for 2 to 3 minutes.
6. Add the zucchini noodles and cook for 2 to 5 minutes. (I prefer mine lightly cooked, al dente, so I only cook them for a minute. You can even eat them raw.) Alternatively, you can keep them in the baking tray and cook in the oven preheated to 175 °C/ 350 °F (fan assisted), or 195 °C/ 380 °F (conventional) for about 15 minutes, tossing half way through the cooking process.
7. If you're not planning to eat the noodles immediately or on the same day, it's best to store them uncooked in the fridge in a sealed container for 2 to 3 days. Cook just before serving.

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