

MAKE A GREAT PLATE.

Enjoy zoodles – a fresh and healthy alternative to pasta – all year long.

Pesto Zucchini Noodles with Fried Eggs

INGREDIENTS

- 1 tbsp extra-virgin olive oil
- 1 clove garlic, minced
- 6 medium zucchini, spiralized or julienned
- 3 tbsp pesto sauce
- 4 large eggs
- ¼ cup fresh parsley, chopped
- Salt, pepper and hot sauce (optional) to taste

DIRECTIONS

Heat oil in nonstick pan set over medium heat. **Add** garlic and zucchini; cook for 3 minutes, stirring frequently. **Transfer** zucchini to large bowl, and toss with pesto. **Meanwhile**, gently break eggs into same pan over medium heat. **Cook** about 3 minutes, or until desired texture is reached. **Divide** zucchini among 4 bowls, and add 1 fried egg to each bowl atop zucchini. **Top** with parsley, salt, pepper and hot sauce (optional).

Makes 4 Servings. Each: 204 calories | 9g protein | 13g total fat | 12g carbohydrate
4g sugar | 4g fiber | 362mg sodium

