



## CREAMY SUN-DRIED TOMATO & BASIL ZOODLES

By Dr. Cindy Tanzar  
(Maintenance Plan)

This is a very delicious zucchini recipe that is a great option for the plentiful zucchini of summer. It's so good! Grilled chicken would be amazing in this dish, as well. There is no serving information for maintenance recipe, but it's always good to follow the standard plan guidelines.

Makes 2-4 servings depending on the size of your zucchinis.



### INGREDIENTS

- 2-3 medium zucchini (depending on size)
- 2 Tbsp extra virgin olive oil
- 2 cloves garlic, minced
- 1/4 cup sun-dried tomatoes (like DeLallo without preservatives)
- 2 Tbsp fresh basil, chopped
- 4 oz. cream cheese
- Pink Himalayan salt & black pepper, to taste
- 3 Tbsp heavy cream



1/4 tsp oregano, optional

## **INSTRUCTIONS**

Using a spiralizer or vegetable peeler, make zucchini ribbons or noodles

Heat a large skillet over low-medium heat. Sauté olive oil and garlic for one minute.

Add cream cheese and stir until melted. Add cream, sun-dried tomatoes, salt, pepper and oregano. You may need to add more cream if it's too thick.

Place zucchini in a large bowl and microwave or sauté lightly in a large pan – both for 2 minutes. Drain any liquid very well.

Add zucchini to cream mixture and mix well.