

Zucchini Ribbons with Garlic Cream Sauce



Ingredients

1 medium to large Florida zucchini, preferable organic
kosher salt
1 cup of cream
2-3 cloves of garlic
¼ cup diced fresh Florida tomatoes, without the seeds.
1 tbsp. minced chives
2 tbsp. finely grated parmesan cheese
freshly ground black pepper

Procedure

1. Bring a pot of water to a boil. Add a heavy pinch of salt.
2. Wash the zucchini well. Using a wide Y-peeler or noodle peeler, remove long strips of the zucchini, rotating each time. Try to overlap each peeling so you have some green on each noodle for the first rotation. Go all the way down to the seeds.
3. In a non-reactive saucepan, combine cream and garlic. Cook slowly over medium-low heat until reduced by ½.
4. After water is boiling, cook zucchini noodles for about 1 minute, until just tender, but not mushy. Remove from water and drain briefly. Toss in strainer a bit in order to remove excess water.
5. When cream is reduced, season with salt, and add tomatoes and noodles, and very gently toss to coat.
6. Serve topped with chives, grated parmesan cheese, and freshly ground black pepper.

Serves 1-2 people as an entrée depending on size of zucchini and how hungry you are 😊

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