

Tips for Cooking Zucchini Noodles:

- **Avoid peeling the zucchini before spiralizing.** Removing the skin results in a mushier noodle once cooked and removes nutrients in the skin.
- **Don't pre-salt your zucchini noodles - just spiralize and go.** Salting will result in lifeless, salty noodles.
- **Don't cook for too long.** Overcooked noodles will be mushy . . . Properly cooked noodles will have a little crunch.
- **Choose the right zucchini.** When you squeeze the zucchini, it should be firm. Overripe zucchini will result in noodles that are too dry and that will break up in the pan.
- **When sautéing or cooking your zucchini in a skillet, don't add salt** - The salt will cause the water in the zucchini to release and thus, a soggy mess.

Directions for sauce used today: Brown ground turkey and one onion. Season with garlic salt and pepper. Add your favorite jar spaghetti sauce or use your own home made sauce.

Taste This!

Howard County Farmers' Market
August 11, 2017

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