

# 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.



*Taste This!*

Howard County Farmers' Market  
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## A healthy pasta sauce to go with your noodles:

1 1/2 pounds lean ground turkey (optional)  
4 - 5 tablespoons olive oil  
1 large onion, coarsely chopped  
large bell pepper, sliced into thin strips  
5 or 6 garlic cloves (or more!), minced  
3 Tbs fresh basil (or 1 Tbs dried),  
    rubbed between fingers to release flavor  
2 Tbs fresh oregano (or 2 tsp dried),  
    rubbed between fingers to release flavor  
1 Tbs fresh thyme (or 1 tsp dried)  
1/2 teaspoon crushed red pepper flakes (optional, adjust to taste)  
1 (6 oz) can tomato paste, or 2 cans for a thicker richer sauce  
2 (28 oz) cans whole roma tomatoes, undrained  
1/2 cup dry red wine  
1 teaspoon salt (or to taste)  
fresh ground black pepper (to taste)

Sauté onion and bell pepper until onion is translucent and pepper tender. Add garlic cloves and ground turkey, if using, and brown meat. Combine remaining ingredients and simmer to desired thickness. Flavor will improve with time, prepare a day ahead and hold in refrigerator if desired. Freeze unused sauce for later use.