

Broccoli Cream and Parmesan Zoodles

YIELD: 4 SERVINGS

**MENTAL
HEALTH**
AWARENESS
MONTH

INGREDIENTS

24 oz broccoli (florets and stems)
18 oz zucchini, spiralized
½ cup fat free plain greek yogurt
6 oz grated parmesan cheese
3 tbsp olive oil
3 ea garlic cloves, minced
½ tsp salt
¼ tsp pepper
3 oz shredded carrots
¼ cup parmesan cheese (garnish)

PREPARATION

1. Bring pot of water to a boil, add broccoli and cook for about 5 mins, remove and place in ice bath to stop cooking. Drain and reserve broccoli for later.
2. Cut Zucchini into noodles on spiralizer, lay flat on sheet pan lightly press with paper towel to remove moisture then set aside.
3. Add cooked broccoli to food processor with greek yogurt, parmesan, olive oil, garlic, salt and pepper.
4. Stir the broccoli pesto into the zoodles with grated carrots and quick sauté for about 2 mins until internal temp reaches 165F.
5. Garnish with parmesan cheese.

Amount per serving: **Calories 400**, **Total Fat 24g**, Sat. Fat 9.2g, **Sodium 1200mg**, **Total Carbs. 24g**, Fiber 4g, **Protein 23g**

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Amount per serving: **Calories 330**, **Total Fat 20g**, Sat. Fat 5g, **Sodium 420mg**, **Total Carbs. 15g**, Fiber 0g, **Protein 20g**