

Garlicky Zucchini Noodles

From – *Better Homes and Gardens* - Sheri Castle

2 medium zucchini
3 Tbsp walnut or olive oil, divided
6 cloves garlic peeled and halved lengthwise
½ cup walnut pieces
¼ tsp crushed red pepper
4 thin slices prosciutto, torn
1 medium tart green apple, cored and thinly sliced
4 oz soft goat cheese

- Using a spiral vegetable slicer, cut zucchini into long thin “noodles”. You can also just cut into thin slices with a knife.
- In a very large skillet heat 2 Tbsp of the oil over medium high heat. Add garlic. Cook stirring constantly, 2 minutes or until just starting to brown.
- Add zucchini, cook and toss with tongs for 1 minute.
- Transfer to a serving bowl.
- Add walnuts to skillet, cook and stir 1-2 minutes or until toasted. Add to bowl with zucchini.
- Add ½ tsp kosher salt and crushed red pepper, toss to coat.
- Add remaining oil to skillet. Add prosciutto, cook 1 minute or until browned and crisp, turning once.
- Add to zucchini mixture along with apple, toss to combine.
- Top with goat cheese.



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