

# Good to Eat

Enjoy our series of quick, easy and delicious recipes to help you live the low carbohydrate lifestyle.

## Zucchini Fettuccine

### Ingredients

#### Zucchini Fettuccini

2 large zucchinis, peeled into strips with a vegetable peeler

salt

### Method

Cutting out pasta? What a *disaster* I hear you say. Not at all! Just substitute zucchini for regular fettuccini and I think it tastes even more delicious. Be creative and you can substitute zucchini or eggplant for lasagna sheets. It's so easy to convert your family recipes once you get into the groove. xoxo

1. Place the zucchini strips into a colander, which has been placed over a bowl and sprinkle with a small amount of salt.
2. Place a bowl or plate on top of the zucchini to weigh it down and set aside for about 15 minutes to allow some water to drain out of the zucchini.
3. Place the zucchini in some paper towel and squeeze gently
4. You can warm the zucchini before serving by either tossing on a pan with a little butter, or in some boiling water for 2 minutes just to soften slightly. They can also be eaten as is.



Preparation Time: 25 minutes

Cooking Time: 5 minutes

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Serves: 4

For more recipes and information on living the low carbohydrate lifestyle find us at:

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