

Zucchini Pasta with Microgreens and Lemon



The Ingredients

- 1 pound zucchini noodles (zoodles)
- ½ cup olive oil
- 2 tablespoons butter
- 1 tablespoon minced garlic
- 1 tablespoon lemon zest
- ¼ cup fresh lemon juice
- 1-2 garlic cloves, minced
- ¼ cup vegetable broth
- Salt and pepper to taste
- 1 cup kale microgreens
- ½ cup of fresh Italian parsley
- Freshly grated Parmigiano cheese
- Lemon wedges for garnish

Directions

- In a small saucepan, heat oil and butter over medium-low heat. Stir in garlic, lemon zest, lemon juice, vegetable broth, salt and pepper.
- Raise heat to just a simmer and then reduce heat to low and simmer for 3 minutes.
- Add zucchini noodles and continue to simmer for 2 to 3 minutes, tossing gently with tongs until noodles are warmed thoroughly. Make sure to not overcook the zucchini noodles.
- Remove from heat and immediately toss with microgreens and chopped parsley.
- Serve in a pasta bowl and garnish with grated cheese and a lemon wedge.