

Zoodle Alfredo

Recipe shared by Laurie Hardie of WARM 106.9.

Adapted from Trim Healthy Mamas.

What You Need:

3 medium size zucchinis
6 medium size mushrooms
1 cube butter or coconut oil
4 wedges Laughing Cow cheese
1/2 cup your favorite milk, cashew, almond...

What You Do:

1. Zoodle zucchini using a spiralizer. Some stores have it available already "zoodled."
2. Melt 1/2 cube butter or 1/4 cup coconut oil and add zoodles. Saute until soft. Set aside.
3. Slice and saute mushrooms in the remaining butter or coconut oil until soft. Set aside.
4. In a clean pan, on low heat melt the Laughing Cow cheese. Smash it with a fork until melted, add 1/4 cup milk, and stir until it becomes a sauce. You can add more milk if you like a thinner consistency.

If you use Laughing Cow cheese with garlic, then no additional spices are necessary. If not, add garlic, salt, and pepper to taste.

5. Combine zoodles, mushrooms, and sauce, mix well and serve.

Serves 4.

About Our Contributor:

Laurie is a rare Seattle-born Native. She has raised her children, but as a working mom knows how important it is to look and feel your best. She currently volunteers with *Queen It's a New Day*, a non-profit organization in Everett, giving women a hand up to feel great

inside and out. As a published author and life coach, Laurie is WARM's Afternoon Traffic host with the philosophy " traffic is a lot like life, sometimes you have a speed-limit drive and sometimes you hit a slow-down or detour, but with the right guidance and information, we can all get through it together."