

# ZUCCHINI NOODLE STIR-FRY

Zucchini Noodle Stir-Fry

*Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian*

*Serves: 8 (Serving= 1 cup)*

## **Nutrition (per serving)**

Calories: 199	Total Carbohydrate: 19
Total Fat: 12 g	Dietary Fiber: 5 g
Saturated Fat: 1 g	Total Sugars: 10 g
Sodium: 467 mg	Protein: 7 g

## **Ingredients**

### *Sauce*

- ¼ cup creamy almond butter
- ¼ cup reduced-sodium soy sauce (choose La Choy® or another brand that makes GF sauce for GF version)
- 2 Tablespoons hoisin sauce (choose Kikkoman® Gluten Free or another brand that makes GF sauce for GF version)
- 1 Tablespoon cornstarch
- 1 ½ teaspoons Sriracha®
- 1 clove garlic, minced
- ¼ teaspoon ground ginger

## *Stir-Fry*

- 1 Tablespoon olive oil
- ½ cup yellow onion, diced
- 2 garlic cloves, minced
- 1 cup carrots, diced
- 3 medium zucchini
- 2 large red bell peppers, thinly sliced
- 4 ounces snow peas, halved
- 1 cup slivered almonds

## **Directions**

1. In a small mixing bowl, whisk together ingredients for the sauce and set aside.
2. Add olive oil to a large skillet over medium high heat. Once the oil is hot, add onion, garlic, and carrots. Sauté until fragrant and when the carrots have slightly softened, about 5 minutes.
3. Meanwhile, spiralize zucchini and trim down into smaller noodles. Set aside on paper towels so that excess water is absorbed.
4. Add bell peppers, snap peas, and sauce mixture to the pan. Using tongs, toss everything together and reduce heat to medium. Allow sauce to thicken for 2-3 minutes.
5. Finally, add spiralized zucchini and sliced almonds to the skillet. Toss until just combined. Enjoy!