

## Veggie Noodles with Greek Yogurt

After enjoying this vegetable-rich meal, you'll have the perfect answer for when your parents ask, "Did you eat your veggies?" The best part is that it won't even be a challenge - you'll be asking for seconds (and thirds).

### Ingredients

#### Vegetables:

- 4 large zucchinis, ends trimmed, cut into halves or thirds
- 1 medium sweet potato, peeled, ends trimmed, cut in half

#### Sauce:

- 1 oz (30 g) fresh Parmesan cheese (1/4 cup/50 mL grated)
- 1 tbsp (15 mL) butter
- 2 garlic cloves, pressed
- 1/4 tsp (1 mL) ground nutmeg
- 1/4 tsp (1 mL) salt
- 2 tbsp (30 mL) gluten-free cornstarch
- 1/2 cup (125 mL) milk
- 3/4 cup (175 mL) 2% plain low-fat Greek yogurt

#### Toppings:

- 3/4 cup (175 mL) shredded Italian cheese blend or shredded mozzarella cheese
- 1 plum tomato, seeded and chopped

### Instructions

1. Preheat the broiler. Place the oven rack 2-4" (5-10 cm) from the heating element. For the vegetables, spiralize the zucchini with the the ribbon blade on the Veggie Spiralizer. Place the spirals in the Rockcrok® Everyday Pan. Using the fettuccine blade, spiralize the sweet potato. Arrange it on top of zucchini. (Note: the pan will be very full)
2. Microwave, covered, on HIGH for 6-9 minutes, or until the vegetables are crisp-tender. Drain the vegetable noodles well and press down with paper towels to get rid of any extra moisture.
3. Meanwhile, for the sauce, grate the Parmesan cheese with the Microplane® Adjustable Fine Grater; set aside.
4. Place the butter, pressed garlic, nutmeg, and salt in the Small Batter Bowl. Microwave, uncovered, on HIGH for 1 minute, or until the butter is melted.
5. Place the cornstarch in a small bowl. Slowly whisk in the milk. Whisk the milk mixture into the batter bowl. Microwave, uncovered, on HIGH for 1-1 minute 30 seconds, or until thickened, stirring every 30 seconds. Whisk until smooth. Stir in the Parmesan cheese and yogurt (the sauce will be thick).
6. Add the sauce to the vegetable noodles in the pan, and top with shredded cheese. Broil for 2-4 minutes, or until the cheese is melted. Remove from the oven, top with tomatoes, and serve.

***Yields 6 servings of 1 cup/250 mL***

### U.S. Nutrients per serving:

Calories 190, Total Fat 8 g, Saturated Fat 4.5 g, Cholesterol 20 mg, Sodium 350 mg, Carbohydrate 17 g, Fiber 3 g, Protein 12 g

### Cook's Tips:

To save time, you can use 1 cup (250 mL) of jarred reduced-fat Alfredo sauce. Make sure to drain the vegetable noodles after cooking so the sauce doesn't get too watery.



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