



*Symmetry*

**Chiropractic**  
A different approach

The Community Resource Center For Optimal Health And Healing

### ZUCCHINI “NOODLES”



- 3-4 medium zucchini
- tsp chopped garlic
- tbsp olive oil
- tsp chopped parsley
- couple drops lemon juice
- Salt and pepper

Shred zucchini on mandolin lengthwise into julienne (long strips). Put the olive oil & garlic in **cold** sauté pan and turn on medium high heat, when garlic starts to sizzle and turn a light brown color add zucchini and other ingredients. Turn heat to high and sauté for 2 minutes.

This makes a wonderful side dish!

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**ZUCCHINI “NOODLES” AND MEATBALLS**

Prepare the “noodles” in the above recipe.

**For the Spicy Tomato Sauce:**

- 1 32oz can crushed tomatoes (or crush whole tomatoes by hand)
- 4 garlic cloves
- 1/2 tsp to 1 tsp crushed red pepper
- 1 tsp dried thyme
- 2 tsp olive oil
- 1 tsp sea salt
- Small bunch of basil (sliced thin)
- Black pepper
- 1 stevia packet (optional)



Saute garlic in olive oil (starting with a cold pan). When garlic is just starting to color, add **ALL** the other ingredients **EXCEPT** basil. Simmer for 25 minutes. Turn off heat and add the basil.

For the meatballs, use the January meatball recipe....**ENJOY!**

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**TO KEEP IN MIND:**  
**ZUCCHINI IS 5.7 GRAMS OF CARBS PER ZUCCHINI**  
**CANNED TOMATOES ARE 5.2 GRAMS OF CARBS PER 1/2 CUP**  
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