

## Zucchini Noodles with Vegan Cheese Sauce



Serves: 4

### Nutrition Facts

4 servings per container  
Serving size 1/2 cup (145g)

Amount per serving  
**Calories** **220**  
% Daily Value\*

Total Fat 15g **19%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 220mg **10%**

Total Carbohydrate 12g **4%**

Dietary Fiber 4g **14%**

Total Sugars 3g

Includes 0g Added Sugars **0%**

Protein 11g

Vitamin D 0mcg **0%**

Calcium 22mg **2%**

Iron 3mg **15%**

Potassium 550mg **10%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Ingredients:

- 2 large zucchinis, spiralized
- 1 cup vegan cheese sauce (Living Whole Recipe)
- 1/2 cup dried pumpkin seeds
- 1/4 cup cherry tomatoes, sliced in half (optional)

### Directions

1. Make the zucchini noodles using a peeler or Spiralizer.
2. Place the “noodles” in a microwave-safe dish with a lid. No need to add water.
3. Microwave on high for 2-4 minutes (longer for softer noodles). Drain any water that may have been released while microwaving.
4. Combine noodles, vegan cheese sauce and cherry tomatoes in a mixing bowl.  
Garnish with pumpkin seeds or other toppings of your choice.

### Notes:

- You can also eat these noodles plain, or mix them with any sauces and toppings you would normally use with noodles.
- These zucchini noodles with vegan cheese sauce are better fresh, but you can store them in the fridge for 1 to 2 days.
- If you want to cook the zucchini noodles on the stovetop, you can. Heat a tablespoon of olive oil in a skillet on medium heat. Add in the zucchini noodles and season with salt.