

Mushroom & Sausage Zoodles

4 SERVINGS 20 MINUTES



INGREDIENTS

- 1 tbsp Extra Virgin Olive Oil
- 10 ozs Pork Sausage (cut into pieces)
- 1 cup Mushrooms (sliced)
- 2 Zucchini (spiralized)
- 1 tsp Garlic Powder
- 1 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	280	Cholesterol	41mg
Fat	24g	Sodium	1245mg
Carbs	6g	Vitamin A	248IU
Fiber	1g	Vitamin C	18mg
Sugar	3g	Calcium	25mg
Protein	10g	Iron	1mg

DIRECTIONS

- 01 In a skillet, heat the olive oil over medium heat. Add the sausage and cook for 10 minutes, flipping halfway through.
- 02 Once the sausage is cooked, add in the mushrooms and cook for 5 minutes or until they become soft.
- 03 Add in the zucchini noodles, garlic powder and sea salt. Cover with a lid to help steam the zucchini and cook for another 2 minutes.
- 04 Remove the skillet from the heat. Divide the mixture between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add more vegetables like broccoli, bell peppers and onions.

ADDITIONAL TOPPINGS

Add shaved almonds or hemp seeds.

MAKE IT VEGAN

Use black beans or lentils instead of sausage.

