

# ZOODLE MAC & CHEESE



# INGREDIENTS

- 2 medium zucchinis
- 1/2 tbsp butter
- 1/2 tbsp flour (if gluten free, use rice flour)
- 2 tbsp milk
- 2 tbsp Greek yogurt
- 1/4 cup shredded cheddar
- 1 1/2 tbsp shredded parmesan
- 1/2 tsp spicy mustard
- 1/4 tsp garlic powder



# DIRECTIONS

1. Wash your hands with warm soapy water for 20 seconds; making sure to wash your wrists, in between your fingers, and under your fingernails.
2. Wash two medium zucchinis and spiralize them into a bowl.
3. Meanwhile, melt butter in a small pot over medium heat. Stir in flour to form a roux.
4. Reduce heat to low and stir in milk, Greek yogurt, cheddar cheese, parmesan cheese, mustard, and garlic powder. Stir until cheese is melted. Turn off heat.
5. Add zucchini noodles to cheese mixture in your pot and toss a few times until everything is well combined.
6. Enjoy!



# NUTRITION

- Serves 1
  - Calories: 310
  - Fat: 17.5 grams
  - Carbohydrates: 17.5 grams
  - Protein: 19 grams

