

Best Zoodles (Zucchini Noodles) Ever!

You will love this quick and easy zucchini noodles pasta recipe with garlic, tomatoes, basil, and cheese. Low-carb and vegetarian-adaptable! Enjoy this light, healthy meal as-is, or add cooked garlic shrimp, baked tofu, or juicy chicken breasts.

Prep 8mins Cook 12mins Total 20mins

You Will Need

- 4 medium zucchini (about 2 pounds)
- 3 tablespoons extra virgin olive oil
- 1 tablespoon minced garlic (3 to 4 cloves)
- 1 cup basil leaves, torn into pieces
- 1 teaspoon cornstarch
- 2 teaspoons cold water
- 1/4 to 1/2 teaspoon crushed red pepper flakes, depending on how spicy you like the pasta
- 2 medium tomatoes, chopped, see note (about 12 ounces)
- 1/2 cup shredded parmesan cheese, plus more for serving
- Salt, to taste



Directions - Prepare Zucchini Noodles

- Trim and spiralize the zucchini (see notes below for doing this without a spiralizer). Then cut the spiralized zucchini into long noodles to be about the length of spaghetti.
- Add olive oil, garlic, and the red pepper flakes to a large, deep skillet. Turn to medium heat. When the oil bubbles around the garlic, add the zucchini noodles.
- Toss the noodles with pasta tongs and cook until al dente — they should be wilted but still have a crunch; 5 to 7 minutes. Do not let the noodles cook any longer, or else they will become mushy. As they cook, keep tossing so that all the zucchini noodles have a chance to hit the bottom of the skillet.



- Stir in the tomatoes, basil, and parmesan cheese, and then cook for one minute. Use pasta tongs to transfer the noodles, tomatoes, and basil to a serving dish. Leave the liquid in the skillet.

To Finish

- Bring the liquid left in the skillet to a simmer. Combine cornstarch and cold water in a small bowl, then whisk into the simmering liquid. Cook while whisking until the liquid thickens to a sauce; about 1 minute. Taste the sauce and season with salt.
- Pour the sauce over the zucchini, tomatoes, and basil. Finish with more parmesan cheese on top and serve immediately.

Key Ingredients

- **Zucchini:** Use store-bought zoodles or make your zucchini noodles for this recipe (zoodles are spaghetti made from zucchini). I have shared how to make zucchini noodles below. We love this recipe with 100% zucchini noodles, but you can always combine zucchini noodles and regular spaghetti for a little more sticking power.
- **Garlic:** I cook my zoodles in garlicky olive oil, which makes them taste incredible.
- **Tomatoes:** Fresh tomatoes cook down and turn into our sauce for the noodles.
- **Cheese:** I love parmesan cheese, but you can substitute vegetarian-friendly cheeses if you need to. A soft goat cheese or feta, while different, is excellent in this recipe. Leave the cheese out for vegan noodles and sprinkle over a bit of nutritional yeast.
- **Basil:** This zucchini pasta recipe is all about fresh ingredients, so I love stirring in a handful of fresh basil.
- **Cornstarch:** My secret to the best zucchini noodles! Zucchini releases a lot of water during cooking. I steer into this and use a cornstarch slurry (cornstarch and water) to thicken the liquid in my skillet into a silky sauce.