



Italian Zoodles (That Just Might Steal the Show)

Looking for a flavorful, easy main dish that also makes the perfect side for grilled chicken or fish? Look no further. This Italian Zoodles recipe is quick, healthy, and so satisfying—whether you're eating plant-based or just want something fresh and vibrant to pair with your protein.

Zucchini noodles (aka zoodles) are a great alternative to pasta when you're cutting back on grains or just want something lighter that still delivers big flavor. This dish comes together fast, makes great leftovers, and might just become a new weeknight favorite.

My gift to you: real ingredients, bold flavor, and zero junk.

Ingredients

- 1 TB avocado oil (or ¼ cup vegetable broth if you are going oil-free)
- 1 small yellow onion, diced
- 1 clove garlic, diced
- 4 cups zucchini noodles (zoodles)
- 30 cherry or grape tomatoes, halved
- 1 TB Trader Joe's Italian Style Soffritto Seasoning Blend (*not always organic, but sugar-free*)
- ½ cup fresh basil, chopped (or 1 TB dried—fresh is best)
- ¼ cup grated parmesan cheese (vegan or dairy)

Instructions

1. In a large sauté pan over medium heat, add avocado oil (or broth), onion, and garlic. Cook for about 5 minutes until softened and fragrant.
2. Stir in the zoodles and cook another 5 minutes, stirring occasionally.
3. Add the halved tomatoes and Soffritto seasoning. Cook for another 5 minutes, just until the tomatoes soften slightly and the zoodles are tender but not mushy.
4. Turn off the heat. Add the fresh basil and stir to combine.
5. Plate and sprinkle lightly with parmesan cheese. Serve immediately.

Watch my YouTube demo [HERE](#).

Pro Tips:

- I spiral my zucchini with the KitchenAid mixer attachment and freeze batches to use later. They stay good in the freezer for about a month—after that, too much ice means it's time to toss them.
- Don't have a spiralizer? No problem. You can find pre-spiraled zucchini noodles fresh or frozen at most grocery stores, including Natural Grocers, Sprouts, Whole Foods, Trader Joe's, and even Safeway.

- If you're cooking with oil, use avocado oil—it can handle higher heat than olive oil without turning rancid (which not only tastes bad but isn't great for your body either)

This dish is quick enough for a weeknight and elegant enough to serve to guests. Whether you eat it solo or alongside a juicy piece of grilled pasture-raised chicken or grass-fed steak, it always delivers.