Photo by Analiese Trimber

If you haven’t zoodled yet in life, you are seriously missing out. I mean let’s be honest, who knew that slicing zucchini into noodle form and sautéing it briefly would taste good. While zoodles are definitely not the same as pasta, they are a perfectly suitable and [**guilt-free way to indulge**](https://thebaconprincess.wordpress.com/2014/02/06/lemon-spaghetti-squash-sauteed-veggies-and-bacon/) in a one-pot meal of creamy deliciousness.

**Level:** Easy

**Prep Time:** 10minutes
**Cook Time:** 10 minutes
**Total Time:** 20 minutes

**Servings:** 1 (or 2 if you eat like a rabbit)

**Ingredients:**
2 tablespoons olive oil
2 cloves garlic, finely diced
2 medium zucchini or squash
Juice from 1 lemon
1 ½ tablespoons corn starch (or tapioca starch if you want to make it Paleo)
¼ cup water
Any veggies or toppings you’d like—you can see I added some sweet potato and asparagus
Salt and pepper, to taste
½ tablespoon dill

**Directions:**

1. Using a [**spiralizer**](http://mcgill.spoonuniversity.com/2015/01/29/spiralizers-vegetable-noodles/), slice zucchini and squash into noodle form. If you don’t have a spiralizer, you can use a mandolin, super sharp knife, or vegetable peeler to slice the squash thinly, and then cut into noodle-sized width from there.



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Photo by Jen Berger

2. In a medium-sized frying pan, heat the olive oil and garlic over medium heat.



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Photo by Kelda Baljon

3. Add whatever veggies you’d like to the pan and cook for 5-10 minutes or until nearly cooked.



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Photo by Kelda Baljon

4. Add the zucchini noodles and lemon juice and sauté for another 5-10 minutes or until soft.

5. In a small bowl or cup, combine corn starch and water and stir until fully incorporated. Add to pan and stir everything constantly until the mixture starts to thicken.