



Creamy Skillet Zoodles

Ingredients

- 1 1/2 zucchini, spiralized with SpiralEZ
- 1.5oz sausages
- 1/4 cup mushrooms
- 1/2 tablespoons garlic (minced)
- 1/16 cup sage (chopped)
- 1/8 cup heavy cream
- 1/16 cup goat cheese
- olive oil
- salt
- pepper

Nutrition

Calories 440		
Calories from Fat 320		
		% DAILY VALUE*
Total Fat	35g	54%
Saturated Fat	17g	85%
Trans Fat		
Cholesterol	95mg	32%
Sodium	550mg	23%
Potassium	1050mg	30%
Protein	16g	31%
Total Carbohydrate	15g	5%
Dietary Fiber	5g	20%
Sugars	10g	20%

* Percent Daily Values are based on a 2000 calorie diet.

Your Daily Values may be higher or lower depending on your calorie needs.

Step

1. In a skillet, heat the sausage until fully cooked. Add the zucchini, olive oil, garlic, sage and mushrooms. Cook until mushrooms and zucchinis are soft.
2. Add the heavy cream and goat cheese. Cook for ten minutes on medium heat. Sprinkle with salt and pepper.
3. Ready to serve.