

Roasted Spiralized Summer Squash

Makes 6 Servings

My intention when I first started making spiralized squash noodles was to use them as a replacement for pasta since my hubby and I eat a lower carb diet these days. I got the idea one day to roast them and they were so delicious they've never once made it to the pasta sauce. Roasted squash noodles are one of our favorite side dishes! They are super quick and simply delectable!

Ingredients

- 4 zucchini
- 4 yellow squash
- 2 – 3 Tbsp extra virgin olive oil
- ½ tsp [homemade Lawry's seasoned salt](#) or sea salt
- ½ tsp black pepper



Directions

1. Preheat oven to 400°F.
2. Spiralize the zucchini and yellow squash. Lay the “squash noodles” out on paper towels to drain some of the moisture.
3. Line 2 large baking sheets with parchment paper. Pile half of the squash noodles in the center of each baking sheet.
4. Drizzle half the EVOO on each pile. Toss to evenly coat the squash noodles.
5. Spread squash noodles evenly in a single layer on each baking sheet. Add salt and pepper to taste.
6. Roast at 400°F for 20 – 25 minutes rotating pans 180° half way through cooking cycle. Depending on your oven, you may need to toss the squash noodles around to make sure they cook evenly.
7. Serve as a side dish or under your favorite pasta sauce.