

Healthier Lifestyles - with Coach Linda

Zillion Dollar Zoodles (THM S)

Zillion Dollar Zoodles is a layered Italian flavored dish that uses spinach and zucchini noodles instead of spaghetti noodles for an amazing low carb and gluten free dish that is full of flavor.



Ingredients

- 1 lb. Ground Beef, cooked & drained
- 14 oz. jar Sugar-free Pizza Sauce
- 8 oz. pkg. $\frac{1}{3}$ less fat Cream Cheese
- 1 c. low fat Cottage Cheese
- $\frac{1}{4}$ c. Sour Cream
- 2 green onions, chopped
- 24 oz. frozen Zoodles (or spiralize fresh Zucchini to make Zoodles)
- Italian Seasoning
- 2 cup fresh Spinach
- Parmesan cheese

Instructions

1. Preheat the oven to 350.
2. Brown and drain ground beef. Add pizza sauce and set aside. In a medium sized bowl, combine cream cheese, cottage cheese, sour cream & green onions. Steam or lightly cook and drain the zoodles.

3. You will make two layers of each mixture or food, so use half of what you have for each layer. Lightly spray a 9x13 dish. Layer $\frac{1}{2}$ the zoodles then sprinkle with Italian seasoning. Next layer with $\frac{1}{2}$ of each: cheese mixture, spinach, meat & sauce. Then repeat the layers and top with Parmesan cheese.
4. Bake in a preheated 350 oven for about 30 minutes till well heated. Makes 6 servings. Serves nicely with a salad and a low carb bread.

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