



Featured Recipe

brought to you by the

Olson Women's Health Resource Center

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OlsonCenter.com

Low Carb Sausage Alfredo with Zucchini Noodles

- 12 ounces bulk hot Italian sausage
- 2 tbsp butter
- 3 cloves garlic minced
- 1 cup heavy whipping cream
- 1/2 cup freshly grated parmesan
- Salt and pepper
- 2 medium zucchini spiralized*

In a large skillet over medium heat, brown the sausage until cooked through, 5 to 8 minutes. Transfer to a bowl, leaving some of the grease in the pan.

Add the butter and let melt, then add the garlic. Saute until fragrant, about 1 minute. Add the cream and bring to a simmer. Reduce the heat and cook on low until thickened, 5 to 8 minutes, whisking frequently.

Whisk in the Parmesan and season with salt and pepper to taste. Add the sausage back in and whisk to combine. If your sauce ends up too thick as it cools, add a little extra cream if necessary.

Place the zucchini noodles (*see back page) in a large microwave-safe bowl and cook on high for 2 minutes, until just tender. Divide among 4 plates and top with sausage alfredo. Serve immediately.

One serving:

Calories: 583	Cholesterol: 187 mg
Carbohydrate: 9.9 grams	Fiber: 1.1 grams
Protein: 52.2 grams	Sodium: 154 mg
Fat: 50.2 grams	Saturated Fat: 26.6 gram

Source: <https://alldayidreamaboutfood.com/keto-sausage-alfredo-sauce> and <https://www.verywellfit.com/recipe-nutrition-analyzer>

*Spiralized, what does that mean?

What are Zucchini noodles?

Also known as zoodles, spiralized veggies, shredded veggies, or veggie noodles. They can be used in countless recipes to add a unique flare or jazz up an old dish. And you don't need any fancy gadgets to make them on your own. You can buy them prepackaged or make them yourself.



Where Can I Purchase Zucchini Noodles?

- COSTCO
- Kroger (Baker's), A
- Target, B
- Trader Joes
- Wal-Mart, C
- Whole Foods, D

A



B



C



D



Check out these Olson Center Wellness Programs:

Olson Wellness Exchange

Olson Wellness Exchange is a free program in the Omaha area designed to help women incorporate health and wellness into their lives. Join the Olson Wellness Exchange to receive up-to-date information on women's health issues and to learn about companies in Omaha that are working to improve wellness in women. Some benefits of your FREE O.W.E. membership are discounts to Olson Center for Women's Health events, monthly e-mails or mailings with current offerings and promotions from O.W.E. partners, quarterly women's health newsletter on a variety of women's issues, and bi-monthly educational flier on a specific women's health issue. To register, call or visit the Olson Center for Women's Health on the 4th Floor of the Durham Outpatient Center on UNMC's main campus, or register online at www.olsoncenter.com

