

Low-GI Shirataki Noodles with Sun-Dried Tomatoes and Fresh Herbs

A blood sugar-friendly twist on Asian-Italian fusion using zero-glycemic shirataki noodles, tangy sun-dried tomatoes, and aromatic basil for guilt-free indulgence.

Prep: 10 min

Cook: 8 min

Total: 18 min

Servings: 4

GL 4.5 / GI 32

Ingredients

- Zero-glycemic konjac noodles - GI of 0, perfect rice noodle substitute

shirataki noodles, drained and rinsed
- Low-GI concentrated flavor, provides healthy fats that slow glucose absorption

sun-dried tomatoes in oil, chopped
- Healthy monounsaturated fats help stabilize blood sugar

extra virgin olive oil from sun-dried tomatoes
- May improve insulin sensitivity and glucose metabolism

garlic cloves, thinly sliced
- Protein and fat content helps create balanced, low-GI meal

Parmesan cheese, freshly shaved
- Contains compounds that may help regulate blood sugar levels

fresh basil leaves, torn

Instructions

Step 1

Drain the shirataki noodles thoroughly in a colander and rinse under cold running water for 1-2 minutes to remove any residual odor. Pat dry with paper towels.

Step 2

Bring a medium pot of water to a boil. Add the rinsed shirataki noodles and boil for 2-3 minutes to improve their texture. Drain well and set aside.

Step 3

While noodles are cooking, roughly chop the sun-dried tomatoes into bite-sized pieces, reserving 2 tablespoons of their oil. Thinly slice the garlic cloves and tear the basil leaves into smaller pieces.

Step 4

Heat the reserved sun-dried tomato oil in a large skillet or wok over medium heat. Add the sliced garlic and sauté for 1 minute until fragrant but not browned, stirring constantly to prevent burning.

Step 5

Add the chopped sun-dried tomatoes to the pan and cook for 2 minutes, stirring occasionally, allowing the flavors to meld and the tomatoes to soften slightly.

Step 6

Add the drained shirataki noodles to the skillet and toss everything together for 2-3 minutes, ensuring the noodles are well-coated with the flavorful oil and evenly distributed with the tomatoes and garlic.

Step 7

Remove from heat and add three-quarters of the shaved Parmesan and most of the torn basil leaves. Toss gently to combine, allowing the cheese to melt slightly from the residual heat. Season with freshly ground black pepper to taste.

Step 8

Divide among four serving plates and garnish each portion with the remaining Parmesan shavings and fresh basil leaves. Serve immediately while warm for best texture and flavor. For optimal blood sugar control, pair with a protein source or eat after consuming vegetables.