ZUCCHINI NOODLES WITH CHERRY TOMATOES

Ingredients
• 1 zucchini or summer squash, about 8” (20cm) long
• 1 large red onion, thinly sliced
• 2 cloves garlic, minced
• 1 cup cherry tomatoes, quartered
• 1 handful fresh basil leaves, finely sliced
• 2 tsp olive oil

To finish:
• 2 tbs good olive oil
• 1 tbs white Balsamic vinegar
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Directions:

Spiralize zucchini into spaghetti strands.
Heat 2 tsp oil in a large nonstick skillet over medium heat.
Add onions and sauté until tender, 6 – 7 minutes.
Add garlic, cherry tomatoes and sauté briefly.
Add zucchini, basil and sauté another 3 – 4 minutes, until tomatoes are soft and zucchini is just tender.
Remove from heat, add good olive oil, vinegar, toss to combine and serve.

Nutrition Facts:

Calories: 110
Sodium: 10mg
Fat: 9g
Protein: 1g
Carbs: 7g

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