

# 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

