

# 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

handful fresh basil leaves, finely sliced

2 tsp olive oil

To finish:

2 tbs good olive oil

1 tbs white Balsamic vinegar



**MobileMarket**

Truman Medical Centers

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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 information:

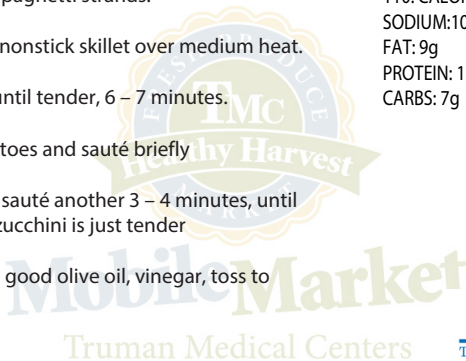
110: CALORIES

SODIUM: 10mg

FAT: 9g

PROTEIN: 1g

CARBS: 7g



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