

Zucchini Noodles With Garlic-Roasted Tomato Sauce

Source: Farmers & Chefs

These zucchini and squash noodles are packed with flavor and are a delicious gluten-free alternative to pasta!

About the Recipe

177 Calories • 3.11 g Protein • 3.85 g Fiber

Dinner

Gluten-free • Nut-free

This recipe was developed as part of the Physicians Committee's Universal Meals program, which follows a simple set of guidelines that meet a wide range of dietary needs! Universal Meals are free of animal-derived ingredients, gluten-containing grains, and common allergens.

Ingredients

Makes 4 Servings

- 2 zucchini
- 2 yellow squash
- 2 shallots, sliced
- 2 cloves garlic, minced
- 10 cherry tomatoes, halved
- 1/8 tsp (0.6 mL) salt
- 1/8 tsp (0.6 mL) pepper
- 1/2 bunch fresh basil, thinly sliced
- 2 green onions, thinly sliced

Directions

1. First, wash and dry the squash and zucchini. Then, cut off the stems and cut the squash and zucchini in half. Use a vegetable spiralizer to turn the squash and zucchini into spaghetti-shaped noodles.
2. Add 1/4 c (59 mL) of water to a 24-inch (61-cm) skillet and heat until simmering. If you prefer, omit the water by using a nonstick pan. Turn heat down to medium and add shallots, garlic, and zucchini and squash noodles.
3. Stir with a wooden spoon for 2 minutes. Add cherry tomatoes. Cook for 5 minutes on low while stirring occasionally
4. Finish with salt and pepper and serve hot in a bowl with fresh basil and scallions.

Nutrition Facts

Per serving:[\[MN1\]](#) [\[RF2\]](#)

Calories: 177

Fat: 14.39 g

Saturated Fat: 2.04 g

Calories From Fat: 71.44%

Cholesterol: 0 mg

Protein: 3.11 g

Carbohydrate: 12.22 g

Sugar: 6.64 g

Fiber: 3.85 g

Sodium: 9 mg

Calcium: 79 mg

Iron: 1.39 mg

Vitamin C: 26.33 mg

Beta-Carotene: 916 mcg

Vitamin E: 2.45 mg