Zucchini Noodles With Sun-Dried Tomato Sauce

Source: 21-Day Weight Loss Kickstart, by Neal Barnard, MD; recipe by Jason Wyrick of Vegan Culinary Experience

Simple and fresh, this dish is perfect for lunch! For extra staying power, drain and rinse a can of white beans to toss into this dish. Serve with warm whole grain bread on the side.

About the Recipe

154 Calories · 8 g Protein · 8 g Fiber
Lunch · Dinner
Gluten-free

Ingredients

Makes 2 Servings

- 2 zucchinis
- 1 bunch fresh basil
- 2 tbsp (10 mL) pine nuts
- 1 tomato, chopped
- 1 clove garlic
- 1/2 c sun-dried tomatoes (about 8 tomatoes)
- 1 tbsp (15 mL) balsamic vinegar
- 2 tsp (10 mL) fresh thyme (2 sprigs)
- 1/4 tsp (1.2 mL) ground black pepper

Directions

1. Shave the zucchini lengthwise with a vegetable peeler. Do not discard the peel. It's part of the zucchini pasta!

2. Prepare the sauce: In a blender add the tomato and garlic. Blend for 30 seconds, and add the sun-dried tomatoes, balsamic vinegar, zucchini peels, thyme sprigs, and ground pepper. Add water if needed, depending on how thick or thin you want the sauce.
3. Top the zucchini with the sauce and garnish with basil (to taste, whole or thinly sliced) and pine nuts.

Nutrition Facts

Per serving:

Calories: 154

Protein: 8 g

Carbohydrate: 29 g

Sugar: 17 g

Total Fat: 3 g

Calories From Fat: 16%

Fiber: 8 g

Sodium: 71 mg