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

63 Calories · 3 g Protein · 4 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:
Calories: 63
Fat: 1 g
    Saturated Fat: 0 g
    Calories From Fat: 12%
Cholesterol: 0 mg
Protein: 3 g
Carbohydrate: 13 g
Sugar: 8 g
Fiber: 4 g
Sodium: 83 mg
Calcium: 76 mg
Iron: 1.3 mg
Vitamin C: 30 mg
Beta-Carotene: 1046 mcg
Vitamin E: 0.6 mg