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

- zucchini (2)
- fresh basil leaves (to taste)
- pine nuts (2 tsp.)
- tomato, chopped (1)
- garlic (1/2 clove)
- sun-dried tomatoes (1/2 cup)
- balsamic vinegar (1 tbsp.)
- fresh thyme (1 tsp.)
- freshly ground black pepper (1/4 tsp.)
- water (as needed)

Directions
1. Prepare the sauce: Chop the fresh tomato and add it to a blender with a small clove of garlic. Blend for 30 seconds, and then add the sun-dried tomatoes (the equivalent of a 1/2 cup (28 grams)), balsamic vinegar, leaves pulled off of the fresh thyme sprigs, and ground pepper. Add water if needed, depending on how thick or thin you want the sauce.
2. Shave the zucchini lengthwise with a vegetable peeler. Do not discard the peel. It's part of the zucchini pasta!
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  
**Carbohydrates:** 29 g  
**Sugar:** 17 g  
**Total Fat:** 3 g  
  **Calories from Fat:** 16%  
**Fiber:** 8 g  
**Sodium:** 71 mg