

Feed-Your-Need-for-Pasta Zucchini

If you don't have one already, pick up one of those julienne peelers for about \$5. It's one of my fav kitchen tools!

Makes about 2 servings

- 2 yellow zucchini squash
 - 2 green zucchini squash
 - (This seems like a lot for 2 servings, but you're not using the seeds - just the skin and flesh)
 - 1 clove of garlic
 - A pinch of parmesan cheese, shredded
 - A tiny pinch of red pepper flakes
 - Olive oil
 - Salt and pepper to taste
 - Pine nuts, slivered almonds, chopped pistachios (all good to add some crunch)
1. Take your julienne peeler and peel thin strips of zucchini into strainer.
 2. Sprinkle some salt on your strips and let it sit for about 5 minutes (you're getting the moisture out - kind of like my mom does with cucumbers.)
 3. Meanwhile, mince your garlic.
 4. Heat a Tablespoon of oil in a small pan over med-high heat.
 5. Sauté the garlic just a couple minutes in the oil.
 6. Go back to your zucchini strips and squeeze out the excess water.
 7. Add the zucchini to the garlic in the pan and sauté just until hot (not too long or it'll get mushy.)
 8. Season with salt and pepper and a tiny pinch of red pepper flakes for some kick.
 9. Top with a pinch of parmesan cheese and some nuts if you choose.



This is a great side dish with practically no calories - and it fills that craving for pasta!

Recipe courtesy of Tammy Bahr

