

ZUCCHINI "PASTA" WITH TOMATO SAUCE

★★★★★ 4.96 FROM 21 VOTES

Gluten Free Zucchini "Pasta" mixed with a quick and easy tomato sauce! A healthy meal that can be made in under 30 minutes.

SERVINGS: 4 PREP TIME: 15 MINS COOK TIME: 15 MINS TOTAL TIME: 30 MINS



INGREDIENTS

4 zucchinis, about 4 cups, cut into thin noodles with a vegetable spiralizer
1 tablespoon extra virgin olive oil
1/2 cup onion, chopped
4 cloves garlic, minced
1 1/2 cups crushed tomatoes
1/8 teaspoon dried oregano
1/8 teaspoon red pepper flakes
salt and pepper to taste
1 tablespoon basil, chopped
Parmesan cheese, for garnish if desired

INSTRUCTIONS

1. Add oil to a large saucepan. Add is onion and cook for 2-3 minutes until tender. Add in garlic and cook for an additional minute.
2. Add in crushed tomatoes, oregano and red pepper flakes. Bring to a light simmer and cook for 10 minutes.
3. Add zucchini noodles to the sauce and cook for 2-3 minutes or until tender.
4. Stir in basil and Parmesan cheese. Season with salt and pepper if desired. Serve immediately.

NUTRITION INFORMATION

CALORIES: 106KCAL CARBOHYDRATES: 16G PROTEIN: 4G FAT: 4G SATURATED FAT: 1G SODIUM: 138MG
POTASSIUM: 819MG FIBER: 4G SUGAR: 10G VITAMIN A: 632IU VITAMIN C: 46MG CALCIUM: 72MG
IRON: 2MG

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