ZUCCHINI NOODLES WITH CHERRY TOMATOES

Ingredients:

1 zucchini or summer squash, about 8” (20cm) long
1 large red onion, thinly sliced
2 cloves garlic, minced
1 cup cherry tomatoes, quartered
handful fresh basil leaves, finely sliced
2 tsp olive oil
To finish:
2 tbs good olive oil
1 tbs white Balsamic vinegar
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Directions:
Spiralize zucchini into spaghetti strands.

Heat 2 tsp oil in a large nonstick skillet over medium heat.

Add onions and sauté until tender, 6 – 7 minutes.

Add garlic, cherry tomatoes and sauté briefly.

Add zucchini, basil and sauté another 3 – 4 minutes, until tomatoes are soft and zucchini is just tender.

Remove from heat, add good olive oil, vinegar, toss to combine and serve.

From: thymeforcookingblog.com

Nutrition information:
110: CALORIES
SODIUM: 10mg
FAT: 9g
PROTEIN: 1g
CARBS: 7g