



Angel Hair With Zucchini and Tomatoes

Makes 4 servings

Ingredients

Two 7-ounce zucchini, cut in spirals or julienned
4 cloves garlic, chopped
2 shallots, diced
3 medium tomatoes, diced (or 2 cups grape tomatoes, halved)
4 teaspoons extra-virgin olive oil

Kosher salt and black pepper, to taste
Pinch of crushed red pepper flakes, to taste
8 ounces angel hair pasta, wheat or gluten-free
2 tablespoons chopped fresh parsley or basil
¼ cup low-sodium vegetable or chicken broth

Instructions

1. In a large pot of salted boiling water, cook pasta according to package directions.
2. While pasta is cooking, in a large sauté pan, heat pan on medium-high; add oil when pan is hot.
3. Add garlic and shallots to the pan and sauté about 1 minute, until soft.
4. Add zucchini and season with salt and pepper.
5. Cook about 1½ minutes, add tomatoes, crushed red pepper flakes, parsley, chicken broth and adjust salt and pepper. Stir and cook for 1 more minute.
6. Remove from heat.
7. Drain pasta when done, reserving some of the water, and toss the pasta well with zucchini and tomatoes. Add pasta water if needed and serve with grated Parmesan (optional).

Nutrition Facts

Serving size: Divide into 4 equal servings; calories per serving: 254; fat: 5.59g; saturated fat: 0.5g; fiber: 8g; carbohydrates: 51g; protein: 7.5g; sodium: 73mg; sugars: 2.5g; cholesterol: 0.3mg

Source: www.skinnytaste.com

