



TOMATO ZUCCHINI PASTA

 1 serving

 30 minutes

ADAPTED FROM: OLIVIA BENNETT WITH KITCHEN CONFIDE

[HTTPS://KITCHENCONFIDE.COM/HEALTHY-TOMATO-ZUCCHINI-PASTA/](https://kitchenconfide.com/healthy-tomato-zucchini-pasta/)



DIRECTIONS

1. Heat olive oil in a large skillet. Cook zucchini 5–6 mins until golden. Don't overcrowd!
2. Push zucchini aside, sauté garlic & pepper flakes 30 sec, then stir in tomatoes & seasoning.
3. Cook 5–7 mins until tomatoes burst.
4. Cook pasta until done. Reserve $\frac{1}{4}$ cup pasta water, then drain.
5. Add pasta to skillet, toss with veggies. Add reserved pasta water as needed for a silky sauce.
6. Taking the skillet off the heat, stir in Parmesan.
7. Garnish with herbs (optional), taste and adjust seasoning.

INGREDIENTS

- 2 cups cherry tomatoes
- 2 medium zucchinis, chopped
- 2 Tablespoons olive oil
- 2–3 garlic cloves, minced
- $\frac{1}{2}$ tsp red pepper flakes (optional)
- 1 teaspoon Italian seasoning (or fresh herbs)
- Salt & black pepper to taste
- 8 oz rotini or pasta of choice (whole wheat or gluten-free works!)
- $\frac{1}{3}$ cup grated Parmesan
- Fresh basil or parsley (optional)

NUTRITION

Calories: 320, Fat: 10g,
Carbohydrates: 45g, Fiber: 5g,
Protein: 10–12g