

Zucchini with Tomatoes and Basil



Ingredients

- 1 tsp olive oil
- 8 small zucchini, oblique cut
- 3 cloves garlic, minced
- 1 can crushed tomatoes (28 oz)
- 3 Tbsp fresh basil, chopped
- 1 tsp salt to taste
- 1 tsp pepper to taste

Instructions

In a large saute pan on medium high heat, add olive oil. Once oil is heated add zucchini. Saute until zucchini starts to brown and get slightly soft. Add garlic and saute for 1 -2 minutes. Add crushed tomatoes, basil, salt and pepper to taste. Heat through. Serve warm.

Nutrition Information Per Serving

Serving Size: 1 cup

Serves 12

Calories: 50

Fat: 2 gm

Sodium: 135 mg

Fiber: 2 gm

Carbohydrates: 9 gm

Protein: 3 gm

Sugar: 6 gm