



Zucchini with Tomatoes and Basil

Serves: 12-1 cup

amount	unit	Ingredients:
1	tsp	olive oil
8	each	small zucchini, oblique cut
3	cloves	garlic, minced
1	can	crushed tomatoes, 28 oz can
3	Tbsp	fresh basil, chopped
1	tsp	salt to taste
1	tsp	pepper to taste

In a large sauté pan on medium high heat, add olive oil. Once oil is heated add zucchini.

Sauté until zucchini starts to brown and get slightly soft. Add garlic and sauté for 1-2 minutes.

Add crushed tomatoes, basil, salt and pepper to taste. Heat through. Serve warm.

Nutritional Information.

Calories: 50; Carbohydrates: 9g; Fiber: 2g Sugars: 6g; Protein: 3g; Fat: 1.5g; Saturated Fat: <1mg; Cholesterol: 0mg; Sodium: 135mg