

Zucchini Noodles with Roasted Cherry Tomatoes

By yummy mummy kitchen
Published 05/02/2017

One pan zucchini noodles with roasted cherry tomatoes and white beans is a flavorful and easy meal. It's on the table in under 30 minutes.

Ingredients

- 2 tablespoons extra virgin olive oil
- 5 cloves garlic, peeled and sliced crosswise
- 1/4 teaspoon sea or pink salt
- pinch red pepper flakes
- 1/4 cup dry white wine such as Pinot Grigio (or vegetable broth)
- 4 cups cherry tomatoes
- 1 (15 oz.) can white beans such as cannellini, drained
- 4 medium sized zucchini, spiralized
- 1/4 cup Parmesan cheese
- 1/4 cup fresh basil, julienned

Instructions

1. In a large skillet or pot, stir together the olive oil, sliced garlic, salt, pepper flakes, wine or broth, and tomatoes. Cover and cook over medium heat for 15 minutes, until the tomatoes have popped.
2. Stir in the beans and spiralized zucchini and sauté for 3 minutes, or until the zucchini noodles are al dente. Do not overcook the noodles or they will become mushy and watery. You just want to soften them a little. Stir in fresh basil and parmesan.

Yield: Serves 4

Prep Time: 10 mins.

Cook time: 18 mins.

Total time: 28 mins.

Nutrition

- Calories: 248
- Fat: 10
- Total carbs: 31
- Protein: 10