

# ZUCCHINI SPAGHETTI

 8 SERVINGS     15 MINUTES

## INGREDIENTS

- |   |   |   |  |
|---|---|---|--|
| 1 | tablespoon olive oil  | 2 | medium zucchinis,<br>sliced in thin strips |
| 1 | cup chopped onion   |   |  |
| 4 | cloves garlic, minced   | ¼ | teaspoon red pepper flakes                 |
| 2 | large tomatoes, chopped or 1<br>(14-ounce) can crushed tomatoes |   | SALT TO TASTE                              |

## DIRECTIONS

1. In a large pan, heat oil over medium heat.
2. Add onion and cook until soft, about 5 minutes.
3. Add garlic and stir for 1 minute until fragrant.
4. Add tomatoes and cook for 10 minutes, stirring often.
5. Add zucchini and cook until soft, about 3 minutes. Add red pepper flakes.
6. Enjoy by itself or with your favorite whole wheat pasta!

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## QUICK TIPS

- For the best buy, choose summer squash (yellow or green) that is firm and without soft spots.
- Grate summer squash and freeze raw or add to omelets, baked goods, or savory pancakes.
- Summer squash contains potassium, which is good for a healthy heart.

**TAG YOUR RECIPES!**



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