

Zucchini – Pasta Primavera

2 large Zucchini
1 tbsp. coconut oil or butter
1 red onion, thinly sliced
1 carrot, julienned
1 red bell pepper (julienned)
1 lb. asparagus or broccoli florets, 1 inch pieces (trim off tough stems)
2 cloves garlic, minced
1 pint cherry tomatoes, halved
½ tsp. fine sea salt
1 tsp. dried basil
1 tsp. dried oregano
Pinch of red pepper flakes (optional)
6 tbsp. grated pecorino Romano cheese

Instructions:

1. Using a spiralizer, turn the zucchini into spaghetti like noodles. Or use a vegetable peeler to create long, thin zucchini ribbons. Set aside in a bowl.
2. In a large skillet or pot, melt the coconut oil or butter over medium heat and sauté' the onion and carrot for 2 minutes. Add the bell pepper and broccoli or asparagus, and sauté until all the veggies are tender, about 8 more minutes. Add the garlic and sauté until fragrant, about 1 minute.
3. Add the zucchini noodles, tomatoes, salt, basil, oregano, and red pepper flakes, and sauté until zucchini is tender, 5 to 8 minutes.
4. Remove from heat. Sprinkle the cheese over the top and adjust seasonings as needed.
5. Serve warm, store leftovers in an airtight container for up to 3 days.

Makes 2 - 4 servings

Source: Experience Life magazine May 2017