

The Everyday Kitchen

Easy Vegetarian Pasta - *serves 2*

Ingredients

Olive Oil

2 Zucchini, chopped into quarter slices

1 can Diced Tomatoes (with or without seasoning), drained

3 cloves Garlic, minced

1/4 c Crumbled Goat Cheese

Salt and Pepper

2 c Cooked Spaghetti, strained

1/2 c Pasta Water, reserved

Heat olive oil in a saute pan over medium heat, and add garlic. Cook for a few minutes, but don't let it brown. Add zucchini and cook for a few minutes. Add tomatoes, salt and pepper. Cook for a few more minutes, stirring often. Add pasta water, cook and stir for a few more minutes, then add strained pasta and goat cheese. Blend everything well in the saute pan, and serve warm. Top with additional goat cheese or Parmesan cheese, if desired.

Nutritional Information (Approximate Values): 450 Calories, 14g Fat, 20g Protein, 65g Carbohydrates, 10g Fiber