

Sautéed Zucchini Spaghetti with Vidalia Onion, Garlic, and Cherry Tomatoes

When you crave pasta but know better, this is fresh and light and delicious.

Ingredients

4 medium zucchini, washed, cut into 3-4 inches pieces and then spiralized.

1 cup cherry tomatoes

1 medium sized Vidalia Onion, thinly sliced and separated

2-3 cloves of garlic, crushed

Olive oil

Salt and pepper to taste

Parmesan Cheese, freshly grated

Preparation

The cooking of this dish is really by all of your senses to manage the proper cooking of each element. You want the onions and zucchini al dente when finished. You want the cherry tomatoes to “pop” their skin. Proceed with care.... It will be delicious.

Heat your skillet on medium high heat. Once heated, add enough olive oil to lightly coat the bottom of the skillet. Add the sliced and separated onion and the crushed garlic and sauté for about 3-4 minutes or slightly translucent. Stir in the cherry tomatoes and cover for about 3-4 minutes. Onions and tomatoes should be almost cooked.

Add in spiralized zucchini with salt and pepper to taste and sauté until the zucchini has lost its firmness and is al dente in the mouth. (taste it!)

Use tongs to remove from veggies from the skillet and place in a bowl. Freshly grate Parmesan Cheese on the top of the dish and serve immediately.

Serves 6 as a side dish.

