

# Zucchini Noodles with Pesto and Tomatoes

1 SERVING 5 MINUTES



## INGREDIENTS

1 Zucchini (medium)  
1 cup Cherry Tomatoes (halved)  
1 tbsp Pesto

## NUTRITION

### AMOUNT PER SERVING

Calories	126	Iron	1mg
Fat	7g	Vitamin D	0IU
Carbs	13g	Folate	72µg
Fiber	4g	Magnesium	59mg
Protein	5g	Zinc	1mg
Vitamin C	55mg		

## DIRECTIONS

- 01 Trim the ends off of the zucchini. Use a spiralizer or a vegetable peeler to turn into noodles.
- 02 In a bowl, combine the zucchini noodles, cherry tomatoes and pesto. Enjoy!

## NOTES

RECIPE ID 602

PESTO SAUCE

See Recipe ID 727 in Stage 2c