



# Zucchini and Tomato Pasta

*A quick and easy vegetarian meal that requires minimal prep work yet yields a tasty pasta dish. Great for those last-minute dinners and so easily modifiable for any vegetables you have in the fridge. Try using whole wheat pasta instead of white pasta to increase your daily intake of **fib**re. Heating the cherry tomatoes also increases the **lyc**opene content of the meal.*

Prep: 10 minutes • Total: 30 minutes

## Ingredients:

Pasta (any type, i.e. spaghetti)	140 g	140g
Zucchini (roughly chopped)	1 large	1 large
Cherry Tomatoes, halved	200 g	10 each
Olive Oil	15 mL	1 Tbsp
Salt	Pinch	Pinch
Black Pepper	Pinch	Pinch
Thyme (dried)	7 mL	½ Tbsp
Oregano (dried)	5 mL	1 tsp

## Directions:

1. Bring a large pot of water to boil.
2. Meanwhile, chop the zucchini and cherry tomatoes.
3. Once the water is boiling, add the pasta and cook according to directions on the package.
4. Reduce heat to a rolling boil.
5. In a frying pan, heat the olive oil on medium heat and add the zucchini.
6. Season with salt, pepper, and herbs until the zucchini have softened, approximately 7 minutes.
7. Add the halved cherry tomatoes to the zucchini and stir.
8. Once the pasta is 'al dente', drain and add directly to the zucchini.
9. Toss all ingredients together to evenly coat the pasta.
10. Serve immediately.

## Nutrition Facts

Serving Size (340g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 370</b>	Calories from Fat 80
% Daily Value*	
<b>Total Fat 9g</b>	<b>14%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
<b>Total Carbohydrate 61g</b>	<b>20%</b>
Dietary Fiber 5g	20%
Sugars 8g	
<b>Protein 12g</b>	
Vitamin A 25%	Vitamin C 70%
Calcium 6%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Makes 2 servings (340 g / serving) • 1 serving = ½ recipe

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