

Fresh Tomato-Basil Spaghetti

Serves 2

4 oz. whole wheat spaghetti noodles
2 Roma tomatoes, diced
2 cups zucchini (2 small or 1 medium), half slices ¼ inch thick
2 oz. low-fat mozzarella cheese, diced
4 T. thinly sliced fresh basil
4 tsp. Extra Virgin Olive Oil
1 tsp. Balsamic Vinegar
4 tsp. pine nuts
½ tsp. red pepper flakes
½ tsp. garlic powder
¼ tsp. salt

Start pot of water to cook spaghetti. Dice seeded tomatoes and cheese and set aside. Slice fresh basil. Slice zucchini in half length wise, then slice in ¼ inch slices. Start spaghetti cooking. Sauté zucchini in E.V.O.O. and season with red pepper flakes, garlic powder and salt. Wash pan and use to toast pine nuts. When spaghetti is done cooking, drain and toss while hot with diced low-fat mozzarella cheese, tomatoes, basil, olive oil, balsamic vinegar, zucchini. Season with garlic and salt. Top with toasted pine nuts. Serve warm.