



Zucchini Pomodoro

By Chef Dave Bland

2 Servings

Ingredients:

- 2 zucchini, cut into shoestrings
- 2 ounces extra virgin olive oil
- 2 cloves garlic, minced
- 3 oz white wine
- 3 small tomatoes, diced
- 6 basil leaves
- Shaved Parmesan cheese for garnish
- Sea salt to taste
- Black pepper to taste



Directions: Sauté zucchini in olive oil until slightly al dente and push to the edges of the pan.

Add more oil to the center of the sauté pan. Add minced garlic and sauté until golden. Deglaze with white wine and add tomatoes and basil. Combine the zucchini with the sauce and season to taste. Sauté until evenly mixed. Garnish with shaved Parmesan cheese.



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Amount Per Serving	
Calories	198.2
Total Fat	7.9 g
Saturated Fat	4.8 g
Polyunsaturated Fat	0.3 g
Monounsaturated Fat	2.2 g
Cholesterol	19.8 mg
Sodium	978.1 mg
Potassium	572.5 mg
Total Carbohydrate	13.7 g
Dietary Fiber	1.0 g
Sugars	0.1 g
Protein	12.5 g

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