

Zucchini Spaghetti with Kalamata Olives

Serving size: About 2/3 c.

Serves: 4



1/2 c. kalamata olives, halved
1/2 t. orange zest
2 T. olive oil
1 clove garlic, minced
6 zucchini, ends cut off and peeled
2 T. white wine
1 T. fresh basil, cut into thin strips
Salt and freshly ground black pepper



Mix together kalamata olives and orange zest, set aside.

Using a lemon zester or mandoline, cut zucchini into thin, long spaghetti-like strips. Turn zucchini and continue to create strips until you reach the seed center. Reserve the seed centers for another use.

In a skillet, heat olive oil over medium-high heat. When hot, add garlic and cook 1 minute. Add zucchini and cook for 1 minute. Add wine and basil, cook for 1 minute. Remove from heat, stir in olive mixture, season with salt and pepper. Divide between plates, and drizzle with any remaining sauce.

Estimated calories: 137 cal/serving