

Servings: 4, 1-1/4 cups each

Points +: 4 pts, Smart Points: 4

Calories: 148, **Fat:** 12 g, **Carb:** 9 g, **Fiber:** 3 g

Protein: 4 g, **Sugar:** 3 g

Sodium: 102 mg (without salt)

Cholesterol: 4 mg



Ingredients:

For the Pesto:

- 1 cup packed fresh basil
- 1 clove garlic
- 1/4 cup fresh grated parmesan cheese
- kosher salt & pepper to taste
- 3 tbsp extra virgin olive oil

For the Zoodles:

- 21 oz (3 medium or 4 small) zucchinis
- 1 cup heirloom grape or cherry tomatoes, halved
- kosher salt and black pepper to taste

Directions:

In a food processor pulse basil, garlic, parmesan cheese, salt and pepper until smooth. Slowly add the olive oil while pulsing. Set aside.

Spiralize the zucchini, cut it into smaller strands if they are too long and place them in a work bowl. Toss with the pesto and tomatoes and season with salt and pepper as needed.

You can also substitute the pesto with a vinaigrette.