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Summer Veggie Zucchini Noodles with Burrata

SERVES 2

Q V GF

This dish is basically one big bowl of summer! It's loaded with seasonal veggies and literally comes together in less than 10 minutes. I especially love making this late in the season when my garden tomatoes are at their sweetest. Zucchini noodles keep it light while allowing you to indulge in a generous serving of rich, creamy burrata, the star of the dish.

- 1 tablespoon extra-virgin olive oil
- 1 garlic clove, sliced
- 1 cup halved cherry tomatoes
- 1 cup sliced asparagus
- 3/4 teaspoon kosher salt
- Freshly ground black pepper
- 1 cup packed baby spinach
- 1 large or 2 small zucchini (about 14 ounces total), spiralized and cut into 6-inch lengths
- 1/4 cup (1 ounce) freshly grated Parmesan cheese
- 1 (4-ounce) ball burrata, sliced into 4 pieces
- 2 tablespoons chopped fresh basil

Heat a large skillet over high heat. Add 1/2 tablespoon of the olive oil and the garlic and cook, stirring, until golden, about 30 seconds. Add the tomatoes, asparagus, 1/4 teaspoon of the salt, and pepper to taste. Cook, stirring, until the asparagus is crisp-tender, about 3 minutes. Stir in the spinach and cook until wilted, about 1 minute. Transfer to a medium bowl.

To the pan, add the remaining 1/2 tablespoon oil, the zucchini noodles, remaining 1/2 teaspoon salt, and pepper to taste. Cook, stirring, until slightly undercooked, about 1 minute.

Divide the zucchini noodles between 2 plates. Top each with half of the reserved vegetables, the Parmesan, burrata slices, and fresh basil. Serve immediately.



now *that's*
a MOUTHFUL

PER SERVING 1¾ cups
CALORIES 325
FAT 24 g
SATURATED ATF 11.5 g
CHOLESTEROL 50 mg
CARBOHYDRATE 13 g
FIBER 5 g
PROTEIN 20 g
SUGARS 8 g
SODIUM 857 mg

skinny scoop

The trick to avoiding watery zucchini is to *undercook* it. It will continue cooking in the hot skillet, so transfer it to a plate as soon as it's ready to prevent it from overcooking. Alternatively, you can serve this over raw zucchini noodles.



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