



Courgette Noodles with Pesto & Tomatoes

1 serving

5 minutes

Ingredients

- 1 Zucchini (Courgette) (medium)
- 1 cup Cherry Tomatoes (halved)
- 1 tbsp Pesto

Nutrition

Amount per serving	
Calories	126
Fat	7g
Saturated	1g
Carbs	13g
Fiber	4g
Sugar	10g
Protein	5g
Cholesterol	0mg
Sodium	118mg
Potassium	953mg
Vitamin A	1876IU
Vitamin C	55mg
Calcium	94mg
Iron	1mg
Vitamin D	0IU
Vitamin E	2mg
Folate	72µg
Vitamin B12	0µg
Magnesium	59mg
Zinc	1mg
Selenium	0µg

Directions

- 1 Trim the ends off of the courgette. Use a spiralizer or a vegetable peeler to turn into noodles.
- 2 In a bowl, combine the courgette noodles, cherry tomatoes and pesto. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Additional Toppings: Top with feta cheese, seeds, nuts, nutritional yeast, chickpeas, chicken breast, turkey or marinated tofu.