



Feta Pasta with Veggie Noodles



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1/4th of recipe (1 heaping cup): 224 calories, 14.5g total fat (9g sat. fat), 702mg sodium, 12g carbs, 3g fiber, 7.5g sugars, 12.5g protein

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Prep: 10 minutes **Cook:** 20 minutes



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Ingredients

28 oz. (about 3 medium) spiralized zucchini
2 cups cherry tomatoes
One 8-oz. block feta cheese
2 tsp. olive oil
2 tsp. chopped garlic
1/2 tsp. Italian seasoning
1/4 cup chopped fresh basil

Directions

Bring a large skillet sprayed with nonstick spray to medium-high heat. Add zucchini, and cook and stir until hot and slightly softened, about 3 minutes. Transfer to a strainer, and thoroughly drain.

Remove skillet from heat, respray, and bring to medium heat. Add tomatoes. Place feta in the center of the skillet, and drizzle with olive oil. Cover and cook until feta has softened and tomatoes begin to burst, about 10 minutes.

Add garlic and Italian seasoning, and stir until a sauce has formed, about 3 minutes.

Add drained zucchini. Cook and stir until hot and well mixed, about 2 minutes.

Serve topped with basil.

MAKES 4 SERVINGS

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