

ZUCCHINI FETTUCINE

Ingredients

4 Pounds extra-large
Zucchini, about 2 each

2 Cups canned diced
Tomato

1 medium Onion, sliced
into rounds, about 4
ounces

1 Tablespoon chopped
Garlic

2 Tablespoons blended
oil

fresh herbs, for garnish

Directions

Wash Zucchini and cut off the ends. Use a mandolin to slice into thin strips so it looks like Fettucine.

Place in a colander and sprinkle lightly with salt. Meanwhile bring a large pot of water to a simmer and preheat a sauté pan over medium heat. Add oil to pan and then onion stirring gently to break up the rounds into rings and to cook evenly.

Cook for about 6 minutes or just until there is some golden color appearing on the onion, and then add garlic. Cook for a minute and then pour in canned tomato.

Allow to reduce so that there is very little excess liquid, about 8 minutes. Keep warm. At this time, add zucchini to simmering water and cook for 30 or 45 seconds only, strain off all of the water thoroughly and then transfer into tomato sauce.

Toss briefly before pouring into a serving bowl and garnishing with herbs.

Use as a side dish or add grilled chicken or fish to make an entrée.