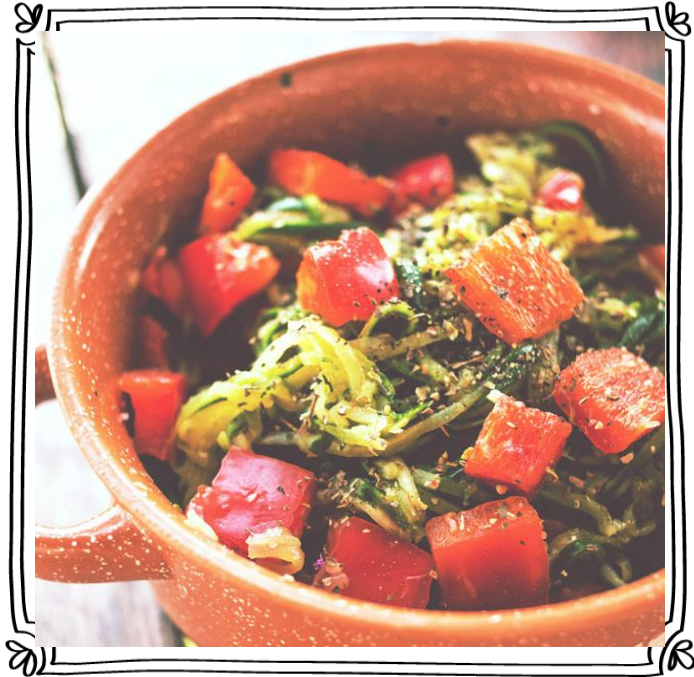


# ZUCCHINI "SPAGHETTI"

This recipe makes 1 serving.



## INGREDIENTS

2 zucchini  
1/2 red pepper  
1 tsp coconut oil  
1/8 tsp oregano  
1/8 tsp basil  
salt and pepper, to taste



## EQUIPMENT

Julienne peeler  
Pan  
Stove  
Bowl  
Spoon

## NUTRITION FACTS PER SERVING

Calories: 120  
Total Fat: 5.4g  
Saturated Fat: 4.1g  
Sodium: 42mg  
Potassium: 1153mg  
Carbs: 16.7g  
Fiber: 5.6g  
Protein: 5.3g



## METHOD

1. Use your Julienne peeler to slice the zucchini into strips that resemble pasta. You can slice the zucchini all the way down to the seeds, and you don't need to worry about peeling off the skin first.
2. In a small pan, cook the peppers over medium heat. When the peppers are almost finished to your liking, add in the zucchini to heat it up.
3. Place the mixture in a bowl, adding in the coconut oil and spices to taste.

