



Zucchini Pasta

Instructions:

Coat a large pan with 3 seconds of Pam and heat on a medium flame.

Add the garlic, tomato sauce, basil, tomatoes, butter, oat bran, and spices to taste. Cover and simmer for 10 minutes.

Add the zucchini, mushrooms, and spinach to the pan.

Slowly pour in the milk, mixing well.

Mix occasionally until it comes to a full boil.

Add the parmesan cheese and let sit on the fire for another 10 minutes.

Counts as a one pot dinner

Prep Time:

15 minutes

Cook Time:

40 minutes

Ingredients:

3 cubes frozen garlic

8 oz. can tomato sauce

2 cubes frozen basil

1 tomato - diced

1 TBSP. butter

1 TBSP. oat bran

salt & fresh cracked pepper -
to taste

1 large zucchini - jullienne
peeled

2 large portabella
mushrooms - sliced thinly

4 oz. spinach

1/2 cup low-fat milk

4 TBSP. parmesan cheese

Pam