

Lemon Parmesan Pasta

Ingredients

- 1 zucchini
- 1 yellow squash
- 1 red bell pepper
- 2 cloves garlic, minced
- 8 oz. whole wheat spaghetti
- 1 tbsp. olive oil
- 2 tbsp. chicken broth or white wine
- 1/4 cup lemon juice
- 3/4 cup grated parmesan cheese

Preparation

1. Using a spiralizer, spiralize the zucchini and yellow squash into “noodles.”
2. Slice red bell pepper into narrow strips.
3. Boil pot of water and cook spaghetti to package instructions.
4. In a separate pan, add olive oil, garlic, and red peppers. Sauté until the peppers are soft and garlic is fragrant.
5. Add zucchini and yellow squash noodles and cook for 1 to 2 minutes.
6. Stir in pasta, broth, lemon juice, and parmesan.

Serve alone or with baked chicken or salmon. *Enjoy!*

Makes 4 servings

