



Spiral Zucchini with Whole Wheat Spaghetti

Ingredients:

¼ teaspoon	Olive oil
1 cup	Zucchini, spiralized
2 ounces	Whole wheat spaghetti, cooked
1 ounce	H3 Marinara, see recipe

Method:

- In a saute pan, add olive oil, zucchini, cooked whole wheat spaghetti and H3 Marinara
- Cook on medium heat until warmed
- Serve

Nutritional Information:

Servings: 1 | Calories: 110 | Fat: 2 grams | Sodium: 80 milligrams
Carbohydrates: 20 grams | Protein: 5 grams | Fiber: 4 grams