

Zucchini with Tomatoes and Walnuts

Makes 2 Servings – Serving Size: $\frac{3}{4}$ cup

Ingredients:

$\frac{1}{4}$ cup	Walnuts
1 $\frac{1}{2}$ cups	Zucchini, oblique cut (see photos)
$\frac{1}{2}$ cup	Cherry tomatoes, halved lengthwise
2 Tablespoons	Extra virgin olive oil
$\frac{1}{2}$ teaspoon	Fresh garlic, fine minced
$\frac{1}{4}$ teaspoon	Cumin
$\frac{1}{8}$ teaspoon	Smoked paprika
$\frac{1}{4}$ teaspoon	Salt
$\frac{1}{8}$ teaspoon	Pepper

Procedure:

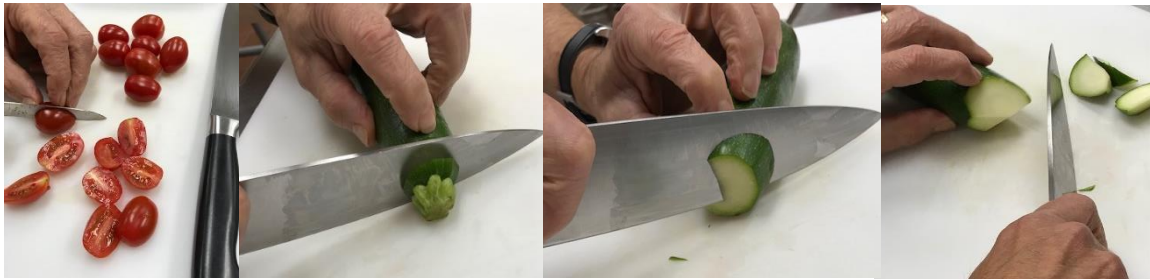
Lightly toast walnuts on a flat baking sheet in either an oven or toaster oven until light golden brown and set aside.

In a small bowl, mix the olive oil, garlic, cumin, smoked paprika, salt, and pepper. Add the halved tomatoes and mix well. Add coated tomatoes and zucchini to a sauté pan over medium-high heat. Sauté stirring frequently until the zucchini begins to brown and tomatoes soften, about 3 minutes. Mix in the walnuts and continue to sauté another 3 minutes, until zucchini is just tender, or until desired degree of doneness. Remove, serve and enjoy.

Nutritional Information per Serving: 86% Fat, 4% Pro, 10% Carb

Calories: 202	Sodium: 299mg	Sugars: 3g	Carbohydrate: 5g
Saturated Fat: 3g	Total Fat: 19g	Fiber: 3g	Protein: 2g

Recipe created by Jim Perko Sr. CEC, AAC



Using a paring knife, slice tomatoes in half

Cut the stem off of the zucchini

Cut zucchini on a 45 degree angle (double bias)

Roll zucchini towards you, large flat side facing up, continue to cut as if sharpening a pencil



Oblique cut zucchini pieces



Mis En Place



Combine olive oil, spices, and garlic into a bowl



Add tomatoes to the rub



Stir well



Add tomatoes and zucchini to a non-stick skillet



Sauté over medium-high heat



Add walnuts



Enjoy!

CENTER FOR INTEGRATIVE & LIFESTYLE MEDICINE | 216.448.4325 (HEAL)