

ZUCCHINI PASTA

UNIVERSITY OF
MARYLAND
EXTENSION



Ingredients:

- sunflower oil or olive oil
- 4-6 medium zucchini
- 4 tablespoons olive oil
- 16 ounces pasta
- ½ cup grated Parmesan cheese
- 1 bunch fresh basil leaves
- salt & pepper to taste

Instructions:

1. **Slice zucchini thinly and sauté in small batches in oil until cooked through and beginning to brown on the edges. Set aside.**
2. **Cook pasta according to directions, save ¼ cup of the pasta water before draining. Do not rinse.**
3. **Return pasta to pot and add zucchini. Season with fresh basil and salt and pepper to taste. Add pasta water until it reaches desired consistency. Serve immediately or refrigerate and use within 3 days.**



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