Vegetarian zucchini and tomato pasta

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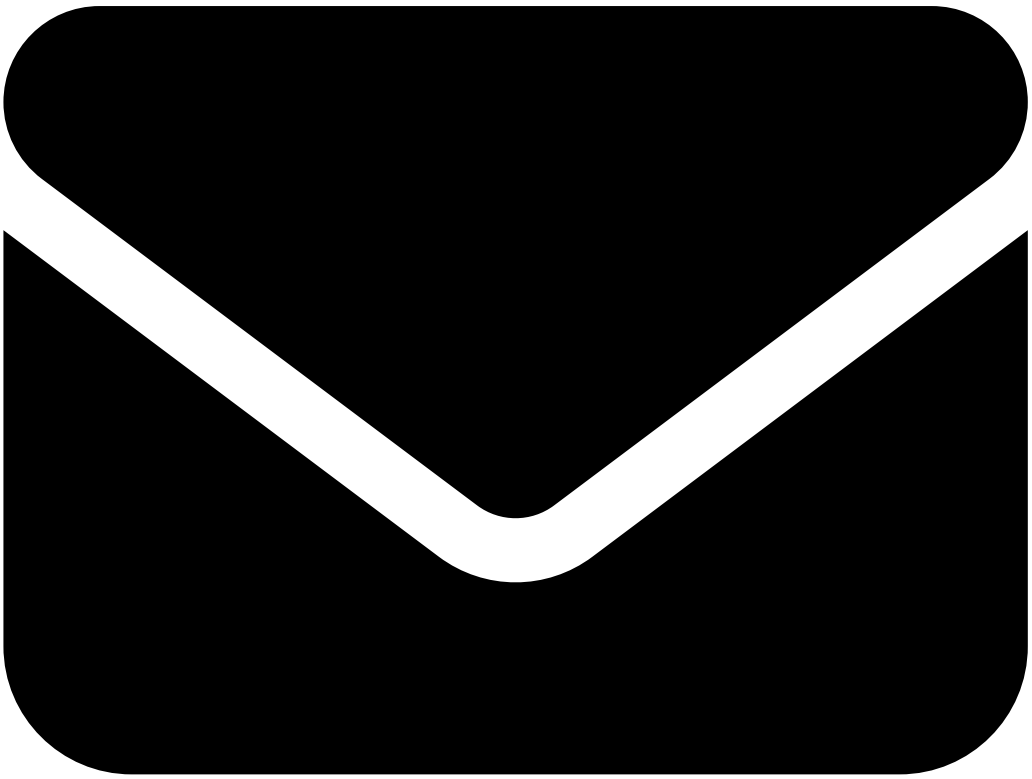




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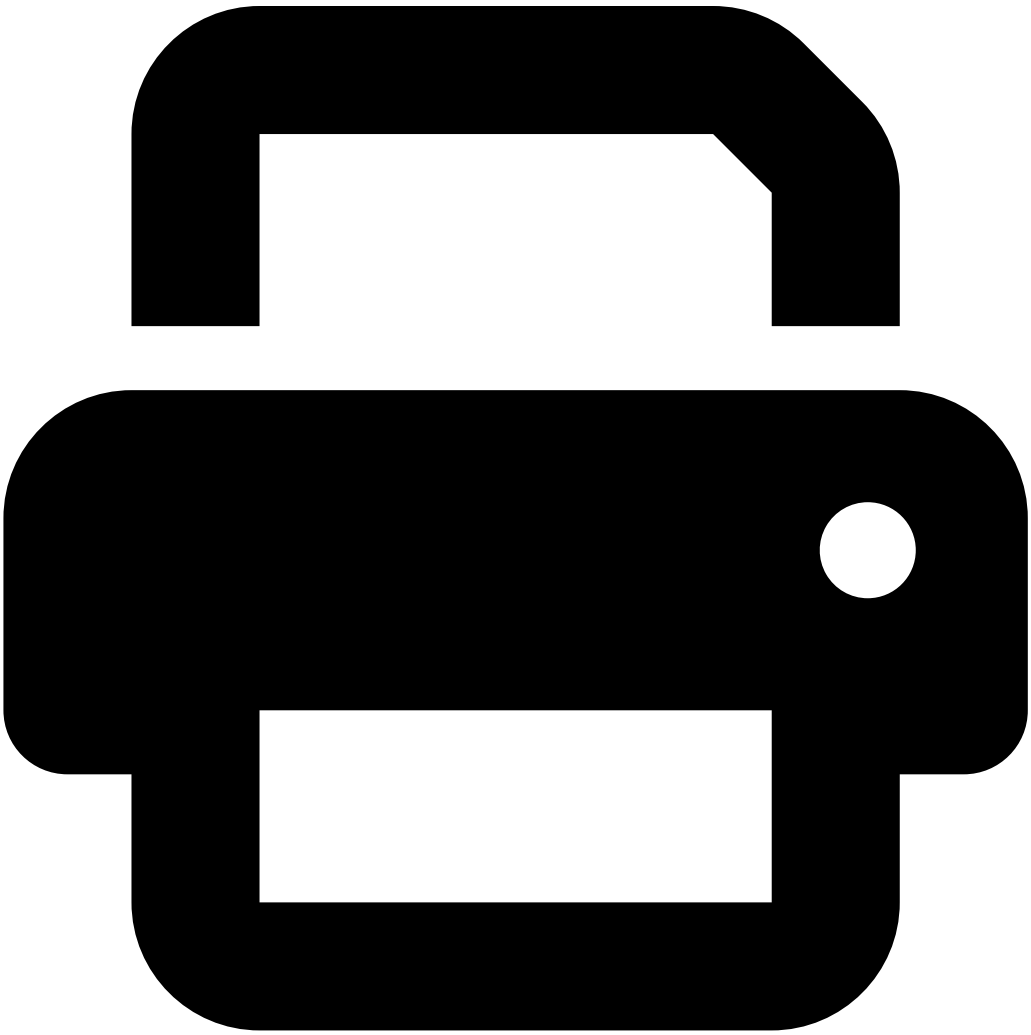

This vegetarian zucchini and tomato pasta is one of those easy, feel-good meals I like to make when the garden (or the market) is full of summer produce. It comes together with just a handful of simple ingredients-zucchini, sweet cherry tomatoes, garlic, and pasta- nothing fancy, just simple flavors that produce delicious results. It’s the kind of dish that feels good for you fresh.

Things to know about this vegetarian zucchini and tomato pasta recipe

1. It’s all about easy : This pasta dish uses a few fresh seasonal ingredients and makes them delicious. No fancy techniques, or unrecognizable ingredients you can’t

pronounce, just good ingredients done right.

2. Quick and easy : You can have this meal on your table in under 30 minutes, making it perfect for busy weeknight meals.
3. Naturally vegetarian and easy to customize :
4. It’s meatless but still satisfying, and if you want to add a protein boost, try tossing in some grilled chicken, shrimp or white beans during the final toss with the pasta. They soak up the garlicky tomato juices and make the meal extra special for Saturday dinners with friends.
5. I hope this simple vegetarian zucchini and tomato pasta brings a little comfort in how easy it is to make . It’s one of those recipes that doesn’t ask much of you, but gives so much back fresh, easy, and delicious. Whether you keep it vegetarian or add your favorite protein, it’s the kind of reference recipe you’ll want to come to again and again.
6. And please when you make this pasta dish leave me a comment below with your experience with the recipe. Snap a photo, and tag me on social media. I love seeing your creations. It’s my favorite part!!

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Vegetarian Zucchini and Tomato Pasta combines tender zucchini, juicy tomatoes, garlic, and pasta for a simple, fresh Italian-inspired meal that’s light, flavorful, and easy enough for a weeknight dinner.

- 1/2 lb. short pasta
- 2 Tbsp. olive oil
- 1 Tbsp. minced garlic
- 1 teaspoon red pepper flakes
- 2 medium zucchini cut lengthwise and sliced
- 1 pint cherry tomatoes
- 1 cup my easy marinara sauce
- 1 cup vegetable stock
- 1 cup reserved pasta water
- Salt and pepper to taste
- Grated parmesan and a few basil leaves for serving

1. Bring a pot of salted water to a boil and cook your pasta el dente. Reserve about 1 cup of the pasta water, then drain.

2. While the pasta is cooking, heat the olive oil in a large skillet, over medium heat. Add the garlic and saute until soft and fragrant- don’t let it brown.
3. Add the tomatoes, red pepper flakes and a pinch of salt and cook 5-6 minutes until the tomatoes are soft and blistered
4. Add the zucchini and cook until tender 4-5 minutes. Add the marinara sauce and the reserved pasta water and cook 5 minutes longer.
5. Add the drained pasta to the pan. Toss everything together until well coated and glossy. Stir in the parmesan cheese and stir to melt into the sauce
6. Serve hot with fresh basil leaves and additional parmesan cheese.

Main Course
Italian
vegetarian zucchini pasta,