

Zucchini Noodles with Pesto and Cherry Tomatoes — Gluten-Free

Prep Time: 15 minutes

Servings: 2

Ingredients

- 3 medium zucchini
- 1 cup cherry tomatoes, halved
- ¼ cup basil pesto (ensure it's gluten-free)
- 1 tbsp olive oil
- Salt and black pepper to taste

Instructions (step by step)

1. Make zucchini noodles: Use a spiralizer, julienne peeler, or mandoline to cut zucchini into long noodle-like strands. If using a mandoline, cut lengthwise for ribbon-like noodles.
2. Heat oil: In a large skillet over medium heat, warm the olive oil.
3. Lightly cook zucchini: Add the zucchini noodles to the skillet. Cook for 2 minutes, tossing gently with tongs, just until warmed

through but still slightly firm (“al dente”).

Overcooking will make them watery.

4. Add pesto and tomatoes: Turn off the heat.

Add the pesto and cherry tomatoes to the skillet. Toss gently so all noodles are coated with sauce.

5. Season: Add salt and pepper to taste.

6. Serve: Plate immediately while warm to avoid excess moisture collecting at the bottom.

Benefits

- Low-carb alternative to pasta.
- Antioxidants from zucchini and tomatoes.
- Healthy fats from olive oil and nuts in the pesto.
- Naturally gluten-free if using a GF pesto brand.

Notes

- If making ahead, keep zucchini noodles raw and toss with sauce just before serving to prevent sogginess.

- You can make pesto at home with fresh basil, pine nuts, olive oil, Parmesan, garlic, and salt — ensuring no gluten contamination.