



Zucchini Almond Saute

- 1 pound zucchini
- 1 tablespoon olive oil
- 2 teaspoons chopped garlic
- Pinch red pepper flakes (optional)
- 4 tablespoons pecorino or Parmesan cheese, shaved with vegetable peeler
- 1/2 cup Almond Accents® Italian Parmesan Flavored Sliced Almonds

Wash and trim ends of zucchini; cut into 1/2-inch-thick slices. In large skillet, heat oil. Add zucchini, garlic and pepper flakes. Cook over medium heat, stirring occasionally, 8 to 10 minutes or until zucchini is tender. Transfer to serving dish or 4 plates. Sprinkle with cheese and Almond Accents.

Serves 4

Nutrition Information Per Serving: 170 calories; 13 g fat; 10 mg cholesterol; 331 mg sodium; 6 g carbohydrate; 1 g fiber; 6 g protein



Preparation Time : 10
minutes

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