

Carrot-Zucchini Linguini

INGREDIENTS

2 medium zucchinis
2 medium carrots
1 tbsp extra virgin olive oil
2 tbsp lemon juice
½ tsp Dijon mustard
2 tbsp chopped fresh basil
3 tbsp grated Asiago cheese
Pinch each salt and pepper

DIRECTIONS

With vegetable peeler or mandoline, thinly slice zucchinis and carrots lengthwise into long strips (like linguine noodles). Add to large bowl. In small bowl, whisk together oil, lemon juice, mustard and basil. Pour dressing over vegetables and toss to coat. Sprinkle with cheese. Add salt and pepper.



Makes 4 servings. Each:
84 calories • 3g protein •
5g fat • 9g carb • 3g fiber •
136mg sodium