



## In the Kitchen with Primary Students

### Zoodles with Cherry Tomatoes

FRESH FROM THE GARDEN: Zucchini, tomatoes, basil



Lemons



Blueberries



Tomatoes

#### Ingredients

- 2 large zucchinis, spiralized
- $\frac{1}{2}$  tablespoon olive oil
- 1 onion, chopped
- 3 garlic cloves, chopped
- 3 cups cherry tomatoes, cut in half
- Salt and pepper to taste
- 1 tablespoon chopped fresh basil

#### Method

1. In a large saucepan heat the oil and add the chopped onion and garlic and cook until golden, 30 seconds.
2. Add the tomatoes and season with salt and pepper. Reduce the heat to low. Simmer, covered, until the tomatoes soften, 15-20 minutes.
3. Increase heat to medium-high, stir in the spiralized zucchini and basil and cook for 2-3 minutes or until tender. Serve right away.