

Zucchini Spears



15 min.



6 servings



PER SERVING
46 CAL
FAT: .9g
CARB: 8g
PROTEIN: 3g

INGREDIENTS

- 5 large Zucchini
- ½ tsp Salt

DIRECTIONS

1. Cut zucchini lengthwise and cut into ¼ inch wedges.
2. Cook zucchini in boiling salted water until crisp-tender, about 1 minute. Drain and sprinkle with salt.



EAT THIS MUCH