

LEMONY ZUCCHINI NOODLES & WHOLE-WHEAT SPAGHETTI

(from the Bewitching Kitchen)

Whole-wheat spaghetti (1/3 of your regular portion)
3 medium zucchini, ends removed, cut in a spiral cutter
1 Tbsp olive oil
1 shallot, minced
1/2 red bell pepper, diced (substitute tomatoes, spinach, anything you feel like)
lemon juice and zest
salt and pepper to taste

Cook the pasta in plenty of salted boiling water. As the pasta cooks, heat the olive oil, sautee the shallot and red bell pepper until the shallots are translucent and with a little bit of color, and the red bell pepper starts to soften. Season lightly with salt, add the zest of the lemon on top of the warm mixture, cover the pan and let it rest while you finish dealing with the pasta.

Ten seconds before the end of cooking time, add the zucchini strands to the pot. Time ten seconds and immediately drain it, reserving a little of the cooking water. Return it to the hot, empty pot, add the sauteed shallots and red bell pepper, squeeze a little lemon juice, toss it all gently, and adjust with pasta cooking water if necessary. Taste for seasoning, adding ground black pepper if you like.