

## Low-Point Matchstick Zucchini

Ingredients:

- 1 medium zucchini or yellow squash
- 1/4 tsp. minced garlic
- 1/4 tsp. rosemary
- 1/4 tsp. nutmeg
- dash salt
- 1 tsp. olive oil

Cut zucchini/squash into little matchsticks. Heat olive oil in a skillet or grill pan over medium/high heat. Add minced garlic and saute' for about 30 seconds. Add zucchini, rosemary, nutmeg, and salt. Continue grilling (turning constantly so the zucchini does not burn) for another 2 to 3 minutes. Serve hot and enjoy!

Total servings = 3

Points per serving = 0

This delicious recipe can be found on the website *Points In My Life*  
([www.pointsinmylife.com](http://www.pointsinmylife.com))