

Low-Point Zucchini or Squash Spaghetti

Ingredients:

- 2 medium zucchini or yellow squash, peeled lengthwise (to look like spaghetti)
- 1/2 tsp. minced garlic
- 1/2 tsp. red pepper flakes
- 1/4 tsp. pepper
- 1 tsp. olive oil (If you need more oil, use Pam Cooking Spray with olive oil)

Heat olive oil in skillet or grill pan over medium/high heat. Add minced garlic and saute' for about 30 seconds. Add zucchini/squash and grill for about a minute. Add red pepper flakes and pepper and grill for a minute longer. Serve hot and enjoy! Note: This particular zucchini/squash dish is very spicy.

Total servings = 3

Points per serving = 0

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