

Zucchini Bread Recipes

Healthy Tomato Zucchini Pasta Recipe

15 min Prep time	**15 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

For the Pasta and Sauce

- ▢ 12 ounces (340g) short pasta like penne or fusilli
- ▢ 3 tablespoons extra virgin olive oil, divided
- ▢ 3 cloves garlic, minced
- ▢ 2 medium zucchini, diced into ½-inch pieces
- ▢ 4 large ripe tomatoes, diced (about 4 cups)
- ▢ 1 teaspoon salt, plus more for pasta water
- ▢ ½ teaspoon black pepper
- ▢ ¼ teaspoon red pepper flakes (optional)
- ▢ ½ cup fresh basil leaves, torn

For Serving

- ▢ Extra basil for garnish
- ▢ Grated Parmesan or Pecorino Romano cheese (optional)

Instructions

1. Bring a large pot of water to a rolling boil. Add a generous amount of salt—it should taste salty like the sea. Add the pasta and cook according to package directions until al dente. Just before draining, carefully scoop out about 1 cup of the starchy pasta water. Set it aside. Drain the pasta.

2. While the pasta cooks, heat 2 tablespoons of the olive oil in a large skillet over medium heat. Add the minced garlic and cook for just about 60 seconds, until fragrant. Be careful not to let it burn. This simple start is the foundation of the dish's flavor, much like the careful mixing that makes a mom's special recipe so good.

3. Add the diced zucchini to the skillet. Cook, stirring occasionally, for about 5-7 minutes, until the zucchini is tender and has some golden-brown spots. This step builds a wonderful depth of flavor.

4. Stir in the diced tomatoes, 1 teaspoon of salt, black pepper, and red pepper flakes if using. Bring to a simmer, then reduce the heat to medium-low. Let it cook, stirring now and then, for about 8-10 minutes, until the tomatoes have broken down and created a saucy consistency.

5. Add the drained pasta directly to the skillet with the sauce. Pour in about ¼ cup of the reserved pasta water. Using tongs, toss everything together vigorously. The starchy water will help the sauce cling to the pasta beautifully. If the sauce seems too thick, add a little more pasta water until it's silky and perfect.

6 Remove the skillet from the heat. Stir in the torn basil and the remaining 1 tablespoon of olive oil. Taste and adjust seasoning with more salt or pepper if needed. Serve immediately, garnished with extra basil and a sprinkle of cheese if you like. This final touch is what makes it, honestly, the best ever weeknight meal.

Nutrition per serving

385 kcal	12 g	62 g	11 g
Calories	Protein	Carbs	Fat

Tips & notes

- The quality of your tomatoes will define the sauce. Use the ripest, best-tasting ones you can find.
- This is a great base recipe. Feel free to add other summer vegetables like chopped bell peppers or eggplant.
- Leftovers are best reheated gently in a skillet with a splash of water to revive the sauce.