

Zucchini Spread

Serves: 8

Ingredients

3 ½ cups shredded unpeeled zucchini, squeezed in paper towels to remove excess water.	1 medium garlic clove, minced
¼ cup finely snipped fresh parsley or cilantro	¼ tsp salt
2 Tbsp red wine or apple cider vinegar	Pepper to taste
1 Tbsp olive oil	2 Tbsp finely chopped walnuts or pecans, dry roasted

Directions:

In a food processor or blender, process all the ingredients, except the nuts, until smooth. Transfer to a small serving bowl.

Fold in nuts. Cover and refrigerate until ready to serve.

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Per Serving: 36 calories, 3 g fat (0.5 g saturated fat), 0 mg cholesterol, 76 mg sodium, 2 g carbohydrates, 1 g fiber, 1 g sugar, 1 g protein.

