



## Herb Zucchini Tomatoes and Leeks

### What You Need

- 4 Small zucchini (cleaned)
- 1 1/4 Cups of cherry or grape tomatoes ( I used Natures Sweet Cherubs in a 10.5 ounce container)
- 1/4 cup leeks chopped (tops and bottoms) [how to clean leeks](#)
- 2 Cloves garlic (chopped)
- 4 Tbsp. canola oil
- 2 tsp. Italian seasoning \*
- 1 tsp. black pepper
- Pinch of salt
- 2 Tbsp. or a sprinkle of parsley (dried)
- Spiral vegetable cutter ( veggetti , mandolin, or \*)
- Large skillet with lid



**Before You Start-** Prepare your zucchini spirals and set aside.

**Lets Make It!** Add canola oil, leek and garlic to the skillet, sauté' over medium heat (about 5 minutes), stirring often, until softened. Add tomatoes, Italian seasoning, salt and pepper. Stir to coat. Cover and let cook on medium low until tomatoes begin to burst (about 8-12 minutes). Add zucchini spirals and stir well to combine. Cover and continue to cook until zucchini is softened (about 3-5 minutes).

**Serves 4 or two very hunger adults**

**\*Katies Tid Bits-** for the Italian seasoning you need-1 Tbsp. basil (dried),1 Tbsp. Oregano (dried),1/2 Tbsp. parsley (dried),1 Tbsp. Garlic powder,1/2 tsp Thyme (dried),1/2 tsp Rosemary (crushed dried),1/4 tsp. Black pepper. Pulse all together in a spice grinder. Or use your favorite from your local market 😊

*If you do not have a spiral cutter, use a potato peeler to peel long slices of zucchini. Then use your paring knife to cut the slices into thin strips.*

*This is the one we use Please click [HERE](#)*