Spaghetti with Zucchini and Mozzarella
Makes 5 servings

Ingredients:
- 8 ounces of spaghetti
- 2 teaspoons of olive oil
- 2 medium zucchini, shredded
- or 1 bunch of fresh broccoli, finely chopped
- ½ large onion, chopped
- 1 8-ounce package of park-skim mozzarella, shredded
- ½ cup nonfat (skim) milk
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- ¼ teaspoon basil
- ½ teaspoon garlic powder

Directions:
1. Fill large pot 2/3 full with water and bring to a boil. Cook spaghetti until just tender.
2. Meanwhile, in large skillet, cook zucchini (or broccoli) and onion in oil until tender, about 7 minutes.
3. When spaghetti is done, drain. Return spaghetti to pot; add zucchini-onion mixture and remaining ingredients.
4. Over low heat, toss spaghetti mixture until cheese is melted. Serve immediately.

Source: Broome County Cornell Cooperative Extension