



Zucchini "Zoodles" with Quick Tomato Sauce

Yield: 4 servings

Ingredients:

- 4 medium size zucchinis; Cut into Spiral Noodles. Add to bowl and set aside.

Quick Tomato Sauce:

- 28 oz can crushed tomatoes
- 1 garlic clove
- Fresh or dried Italian herbs (basil, parsley, oregano)
- Optional: fresh tomatoes
- Red pepper flakes (if you want it spicy)
- Salt to taste

Directions:

1. In blender, add tomatoes, garlic, herbs and spices and blend for 1-2 minutes.
2. Add sauce to a small sauce pan and cook over low heat for about 15 minutes.
3. Top zucchini noodles with sauce.
4. Top with: vegan parmesan (recipe below), chopped walnuts, pine nuts or sun-dried tomatoes

Vegan Parmesan

Ingredients:

- $\frac{1}{2}$ cup raw almonds
- $\frac{1}{2}$ cup raw cashews
- $\frac{1}{4}$ cup nutritional yeast
- $\frac{1}{2}$ tsp salt
- $\frac{1}{4}$ tsp garlic powder

Directions:

Combine all ingredients and pulse in food processor into fine meal consistency.