## **Marinara Sauce over Zoodles**

Created by Gladys Sutton

## Ingredients

2 Zucchini, spiralized

2 Roma tomatoes

½ cup sundried tomatoes

2 cloves garlic

2 stalks scallions

6 basil leaves

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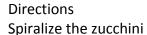
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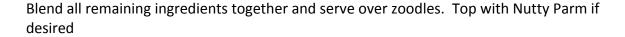
½ tsp dried oregano or 2 tsp fresh

Juice of ½ lemon

2 dates, pitted

Freshly ground sea salt and pepper to taste





## **Nutty Parm**

½ cup pecans

2 Tbsp nutritional yeast

1 tsp garlic powder

1 tsp onion powder

Freshly ground sea salt and pepper

