

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

½ tsp dried thyme or 3 stalks fresh thyme,
destemmed

½ tsp dried oregano or 2 tsp fresh

Juice of ½ lemon

2 dates, pitted

Freshly ground sea salt and pepper to taste



Directions

Spiralize the zucchini

Blend all remaining ingredients together and serve over zoodles. Top with Nutty Parm if desired

Nutty Parm

½ cup pecans

2 Tbsp nutritional yeast

1 tsp garlic powder

1 tsp onion powder

Freshly ground sea salt and pepper