

Zucchini “Pasta” with Fresh Tomato Marinara

This is the cooked version of the same dish raw. Some people have trouble digesting too much raw food so this is an alternative.

2 servings

“Noodles”

1 recipe Sautéed Julienne Zucchini with Basil

¼ cup olives pitted and sliced

Few whole basil leaves for garnish

Sauce

1 ½ cup grape or plum tomatoes

1/2-1 medjool date - soaked if dry

1 tsp thyme

½ tsp oregano

1/3 cup extra virgin olive oil

½ tsp celtic sea salt

- Make the Sautéed Julienne Zucchini for the noodles. Set aside.
- In a blender, blend all sauce ingredients until smooth to make the marinara sauce
- Plate the “noodles”. Top with about ¼ cup of the marinara
- Top with olives and garnish with basil.
- Serve immediately

The remaining sauce will keep for 3 days in the refrigerator. You can use it with grilled or steamed vegetables