

ZOODLES WITH FRESH TOMATO SAUCE

Vegan
Serves 4

TOMATO SAUCE

Ingredients

- 2 cups cherry tomatoes
- 2 cloves garlic
- 2 Tbsp Olive oil
- Honey or molasses – ½ Tbsp or to taste (see nutrition notes)
- Italian seasoning – to taste
- Salt and pepper – to taste

ZOODLES

Ingredients

- 1 small zucchini per person (choose skinning zucchinis so they fit in your zoodler)
- 1 clove garlic per person
- 1 Tbsp Olive oil or more as needed
- Salt and pepper

Cost of Meal

Sauce: \$7.11

Zoodles: \$5.12

Total meal for 4: \$12.23

Per serving: \$3.06 each

Rooted Nutritional Nugget

For even more color do both zucchini and yellow summer squash!

We use unsulphured blackstrap molasses for its high iron content and low impact on blood-sugar levels. When we need extra sweetness, we'll sometimes do a 50:50 blend combined with maple syrup

Make TOMATO SAUCE first:

Instructions

1. Mince garlic. Slice tomatoes in half, or poke a hole in each.
2. Place small pot on stove. The sauce will be best if you use a narrow and tall pot, rather than a shallow skillet. There is too much evaporation in a skillet.
3. Heat stove to medium-high heat. Put olive oil and tomatoes in pot. Put the minced garlic on top of the tomatoes (you don't want them in direct contact with the skillet, or they will burn. When the tomatoes start giving off liquid, the garlic will be safe.) Once it begins to boil, turn heat to medium low, stirring occasionally and crushing the tomatoes. This will take about 20-35 minutes.
4. Once tomatoes are broken apart and mostly saucy, add salt, pepper and honey or molasses to taste.

While Tomato Sauce is cooking, make ZOODLES:

Instructions

1. Mince garlic.
2. Add oil to skillet and saute garlic until fragrant. Make sure you don't have the heat too high. Garlic burns quickly.
3. If using a handheld zoodler, shred your zucchini directly into the skillet. (If using a counter-top spiralizer, spiral the zucchini and then add it to the skillet.)
4. Saute zucchini to desired done-ness. Less cooked will be more crunchy. More cooked will be more like pasta.
5. Add salt and pepper to taste.

