



zucchini noodles with marinara sauce

In case you didn't notice, we're huge fans of Italian food. Spaghetti is the cure to almost all of my woes and Lisa is my recipe doctor. But if you're a recovering "Carbie Barbie" like me and think it's impastable to curb your spaghetti cravings, then we have good news for you - thanks to this delicious recipe you don't have to. Tossed in a simple yet delicious sauce of tangy tomatoes, fresh garlic and zesty red pepper flakes, our Zucchini Noodles with Marinara Sauce will hit the spot without hurting your carb allowance for the day. Mangia!

SERVES: 4



julie albert & lisa gnat

join the bite club

SUBSCRIBE TO OUR NEWSLETTER

ingredients

4 medium zucchini, ends removed

Marinara Sauce

- 1 tbsp olive oil
- 1 small red onion, chopped
- 2 garlic cloves, minced
- 1 (28oz) can diced tomatoes, with liquid
- 1 tbsp tomato paste
- 1 tsp sugar
- ½ tsp kosher salt
- ¼ tsp freshly ground black pepper
- Pinch crushed red pepper flakes

- Freshly grated Parmesan cheese, for serving
- Chopped fresh basil, for garnish
- Crushed red pepper flakes, to sprinkle, if desired

directions

1. Use your spiralizer to create zucchini noodles. Place in a large serving bowl and set aside.
2. For the marinara sauce, in a large saucepan, heat olive oil over medium heat. Add onion and stir for 3 minutes until tender. Stir in garlic, cooking for 1 minute more. Add diced tomatoes, tomato paste, sugar, salt, pepper and crushed red pepper flakes. Bring to a boil over high heat. Reduce heat to low and simmer uncovered for 15 minutes. Remove from heat and use a handheld blender to process until smooth.
3. To serve, toss hot marinara sauce with zucchini noodles. Sprinkle with Parmesan cheese, basil and crushed red pepper flakes, if desired. Serve immediately.

“When I pass a flowering zucchini plant in a garden, my heart skips a beat.”

— GWYNETH PALTROW

print



PRE-ORDER OUR NEW COOKBOOK

BUY OUR BOOK

BUY OUR BOOK