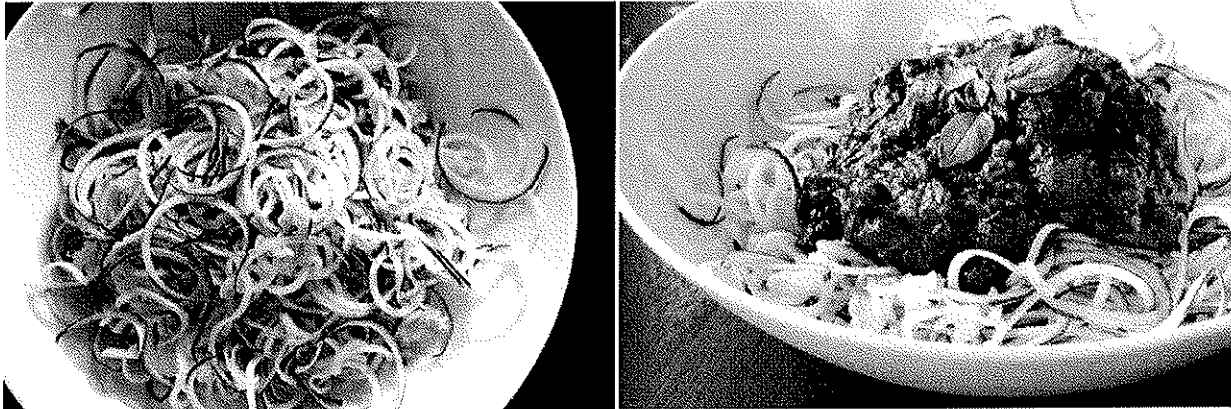


15-Minute Zippy Garlic-Basil Marinara with Zucchini Noodles



Of course, whenever you have a pasta dish, the meal is all about the sauce.

I went for a quick, super easy raw tomato sauce. 15 minutes, tops. I told you, no cooking or blender required.

A love of garlic, a must, though, this is a zippy, rich tomato sauce. The raw ingredients really make this sauce pop. All you do is mix together crushed tomatoes, raw garlic, fresh basil, fresh oregano, a bit of olive oil and a dash of balsamic vinegar. Season with salt and pepper, and you're done!

You'll be laughing at how simple and healthy this recipe is.

It is a low carb recipe without the wheat and it is gluten free, vegan and a raw food as well.

15-Minute Zippy Garlic-Basil Marinara with Zucchini Noodles

4 small zucchinis, spiralized, or cut into threads

15 oz can crushed tomatoes

4 cloves of garlic, pressed or minced

2 tbsp fresh oregano, finely chopped

1/4 cup packed fresh basil, cut into thin ribbons

1 tbsp olive oil

1 tbsp balsamic vinegar

1 tsp salt, or to taste

freshly ground pepper, to taste

1. Spiralize your zucchinis and set aside.

2. Combine the remaining ingredients in a large bowl and mix well.

3. Toss the sauce with the noodles. Enjoy!

Serves 4.

Recipe: Asian Zoodle Salad

Prep Time: 10 min(s) **Total Time:** 10 min(s) **Servings:** 4-6

A healthy, delicious, gluten-free Asian inspired salad featuring zoodles (zucchini spiralized as noodles).

Ingredients

- 2 tablespoons olive oil
- 2 tablespoons sesame oil
- 2 tablespoons soy sauce (Use gluten-free tamari for a gluten-free option)
- 2 tablespoons rice vinegar
- 1 tablespoon fresh squeezed lime juice
- 1 tablespoon honey
- 1 clove garlic
- 1 teaspoon minced ginger
- 3 zucchinis, spiralized or julienne
- 2 carrots, peeled and julienne
- 1 cup shredded red cabbage
- 1 red bell pepper, cut into strips
- 1/4 cup chopped cilantro
- 2 tablespoons sesame seeds

Instructions

- In a blender or food processor, blend the olive oil, sesame oil, soy sauce, rice vinegar, lime juice, honey, garlic, and ginger until emulsified
- In a large salad bowl, toss the zucchini, carrots, cabbage, bell pepper, cilantro, and sesame seeds with the vinaigrette. Serve immediately.

Mock Apple Pie Squares

Prep Time: 30 minutes

Bake Time: 25 minutes

Yields: 32 servings

Ingredients:

4 cups all-purpose flour

2 cups sugar

½ teaspoon salt

1 – ½ cups butter, cubed

Filling:

8 cups sliced peeled zucchini

2/3 cup lemon juice

1 cup sugar

1 teaspoon ground cinnamon

¼ teaspoon nutmeg

½ cup chopped walnuts

½ cup golden raisins

Directions:

In a large bowl, combine flour, sugar, and salt. Cut in butter until mixture resembles coarse crumbs. Press half of the crumb mixture into a greased 15 in. x 10 in. x 1 in. baking pan. Bake at 375°F for 10-12 minutes or until lightly browned. Set remaining crumb mixture aside.

Meanwhile, in a large saucepan, bring zucchini and lemon juice to a boil. Reduce heat; cover and simmer for 5-6 minutes or until tender. Drain. Stir in the sugar, cinnamon, nutmeg and ½ cup reserved crumb mixture. Cook and stir for 2-3 minutes. Stir in walnuts and raisins.

Spread filling evenly over crust. Sprinkle with remaining crumb mixture. Bake for 25-30 minutes or until golden brown. Cool on a wire rack. Cut into squares.

Recipe Source: Allrecipes