

# Zoodles and Marinara

## INGREDIENTS:

- 6 large zucchini, ends trimmed
- 2 tablespoons olive oil
- 3 garlic cloves
- 1/2 cup yellow onion, finely chopped
- 1 can strained tomatoes or tomato sauce (26.5 ounces)
- 2 tablespoons tomato paste
- 2 Roma tomatoes, chopped
- 1/4 teaspoon red pepper flakes
- 1 teaspoon dried thyme
- 1 teaspoon oregano
- Salt and pepper to taste
- 1/3 cup fresh basil, chopped
- 1/4 cup fresh parsley, chopped
- 1 pound lean ground beef or turkey (optional)

## DIRECTIONS

1. Use a spiralizer to make zucchini noodles.
2. *Optional:* If using ground beef or turkey, brown and drain; set aside.
3. Heat oil in a large skillet or saucepan. Sauté onion and garlic until onion is translucent.
4. Add strained tomatoes, tomato paste, Roma tomatoes, red pepper flakes, thyme, oregano, and salt and pepper to pan with garlic and onion. Simmer 10 minutes then reduce heat to low.
5. Add basil, parsley, and optional meat. Cook 3-5 minutes; meat may need longer to incorporate.
6. While sauce is cooking, heat zoodles in a pan just until warm (do not overcook).
7. Serve zoodles in a bowl topped with the fresh marinara.

*Note: Nutrition facts do not reflect the optional addition of meat.*

## Nutrition Facts

Serving Size (517g)  
Servings Per Container 6

Amount Per Serving

**Calories 170**      **Calories from Fat 50**

% Daily Value\*

**Total Fat 6g**      **9%**

Saturated Fat 1g      **5%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 85mg**      **4%**

**Total Carbohydrate 27g**      **9%**

Dietary Fiber 7g      **28%**

Sugars 16g

**Protein 7g**

Vitamin A 35%      • Vitamin C 140%

Calcium 10%      • Iron 25%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

