



Zucchini Spaghetti

Yield: Makes: 4 servings

Serving Size: 2 cup

Ingredients

- 3-4 medium Zucchini
- 1 28 oz can Crushed tomatoes
- 1 6 oz can Tomato paste
- 1 tbsp Italian seasoning
- 2 tbsp Olive oil

Directions

1. With a vegetable peeler, peel zucchini into small strips. Place zucchini in large bowl, cover with paper towel, and microwave for 1 minute. Pat dry with a paper towel. Toss with olive oil.
2. In a saucepan or small pot on the stove on low heat, combine crushed tomatoes, tomato paste, and Italian seasoning, and let simmer for 15-20 minutes.
3. Mix zucchini noodles with sauce, pressing down to submerge them, and simmer for an additional five minutes and serve

Optional add-ins

1. Meatballs, canned chickpeas or ground beef can add protein and flavor to sauce.
2. Fresh parsley, basil, or other herbs.
3. Splash of balsamic or red wine vinegar to mix in with sauce at the end.
4. Fresh minced garlic or garlic powder, red pepper flakes, or dried thyme, black pepper, and basil

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