**“Zoodles” Marinara**

Serves 4

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**Ingredients**

* tomatoes, medium-sized (2-3), diced
* zucchinis (2-3, depending on size)
* 1 can of tomato puree, 12 ounces (no sugar added)
* olive oil (2-3 Tbsp)
* 1 medium sized onion, diced
* fresh basil leaves (10), chopped
* salt (1 tsp)
* marjoram (herb) (1 tsp)
* Italian seasoning (1 tsp)
* parmesan cheese, grated

**Directions**

1.With a “spiralizer”, spiral the zucchini into spaghetti-sized strips (a vegetable peeler can also be used). We call these “zoodles!” Put in a bowl, then set it aside for later.

2.Add olive oil to a sauté pan and place on a stovetop at medium heat.  Add diced onions and sauté, stirring frequently, until they are a light golden brown color.

3.Add diced tomatoes and the can of tomato sauce. Add all seasonings (except fresh basil leaves). Simmer and stir on medium-low heat for 7 minutes, or until the tomatoes are tender.

4.Raise heat to medium high and add zoodles, allowing to simmer for 10-15 minutes, or until zucchini noodles are tender and cooked.

5.Stir in chopped basil. Sprinkle fresh grated parmesan cheese on top, as desired. Serve and enjoy!