

Zucchini Noodles and Meat Sauce



Serves 4

Ingredients:

For the meat sauce:

- 1 tablespoon olive oil
- 1 medium onion, diced
- 2 medium carrots, sliced thin
- 4 stalks celery, thinly sliced
- 1 cup mushrooms, diced
- 5 cloves garlic, minced
- 1 teaspoon red pepper flakes
- 2 tablespoons fresh basil, finely chopped

- 1 teaspoon fresh oregano, finely chopped
- 1 pound ground meat (pork, beef or turkey)
- salt and pepper to taste
- 1 (28-ounce) can organic diced tomatoes, drained
- 1 (12-ounce) can organic plum tomatoes, drained

For the zucchini noodles:

- 4 medium zucchini, washed and trimmed
- 1 teaspoon salt

Instructions:

1. Heat the olive oil in a large saucepan or Dutch oven over medium-low heat. Add onion, carrots and celery and sauté until soft, stirring frequently, about five minutes.
2. Add mushrooms and garlic, and cook until garlic is fragrant and mushrooms are softened, about one minute. Add red pepper flakes, basil and oregano, and stir until combined. Add the meat to the pan by breaking it up into small, even clumps.
3. Continue to stir over medium-low heat until meat is browned and cooked through, about 10 minutes. Then add diced tomatoes. Add the plum tomatoes by squeezing them with your hands into the pot, breaking them down into small chunks.
4. Stir until combined, bring to a simmer, then reduce the heat to low, cover the pan, and let simmer for 20 minutes.
5. While the sauce is simmering, make the zucchini noodles. Using a julienne peeler or mandolin slicer, cut the zucchini into thin, spaghetti-style strips. Rotate the zucchini, slicing until you get to the seedy, watery middle and then stop. Do not use the seedy, watery core of the zucchini.
6. Place the zucchini noodles in a microwave-safe glass dish, sprinkle with salt and stir to coat evenly. Cover the dish and

microwave for 2 minutes. Stir the noodles and microwave again until desired tenderness.

7. Place zucchini noodles in a bowl and top with meat sauce.

Nutrition per serving: Calories 348; Total Fat 18.0 g; Saturated Fat 5.7 g; Monounsaturated Fat 8.5 g; Polyunsaturated Fat: 1.3 g; Total Carbohydrates 24.9 g; Dietary Fiber 9.7 g; Sugar Alcohols 0.9 g; Sugars 15.9 g; Protein 25.2 g; Sodium 1086 mg