

ZUCCHINI POMODORO

Here’s another great recipe from FMTV. It’s great if you are craving spaghetti but want a raw vegan option. I’ve tweaked it a little. This is a great salad for lunch or as a different kind of salad to take to a potluck.

**Ingredients:**

* 2 zucchinis
* 1 large tomato
* 6 soaked, sun-dried tomatoes
* ¼ cup virgin olive oil
* 2 cloves garlic
* 1 tsp. raw honey
* 2 Tbs. fresh basil
* 1 tsp. sea salt

**Method:**

1. Spiralize the zucchini into noodles, or with a peeler into ribbons, and place in a large serving bowl. Tip: line the bowl with paper towel and let zucchini rest for 15 minutes to dispel excess water into the paper towel. Then discard paper towel.
2. For the sauce, place remaining ingredients in a food processor/blender until smooth.
3. To serve, place the zucchini noodles into bowls and pour the raw sauce over the top, just like you would for a bowl of pasta.

Tip: You can blanch the noodles in boiling water for two minutes so you can serve this dish hot in winter.

**Health Benefits:**

Zucchini provides you with lutein and zeaxanthin, two carotenoids that promote healthy eyesight. They’re also a source of magnesium, folate and fiber.