



Zucchini Pasta with Marinara Sauce

Make pasta from zucchini? Zucchini is similar to white pasta in terms of texture. The marinara sauce is delicious. And this is a raw recipe!

Ingredients

- Zucchini
- Chopped tomatoes
- Chopped red bell peppers
- Sun-dried tomatoes
- 1 clove garlic
- Basil
- Oregano
- Olive Oil
- Salt
- Pepper
- Cayenne pepper

Pasta Preparation

Shape the pasta: There are 2 options

1. Shave the zucchini in long wide strips (that look like fettuccini) until you get to the core. Save the core for a vegetable soup or other dish
2. Use a spiral slicer to cut the zucchini into shapes like angel hair pasta

Marinara Sauce Preparation

- Put the chopped tomatoes, chopped red bell pepper, and sun-dried tomatoes into the food processor
- Use a garlic press to crush the garlic; add to the food processor
- Add basil and oregano
- Add olive oil
- Add a little salt and hint of cayenne. Add bit of black pepper
- Process twice

Add the marinara to the zucchini, tossing with tongs.

A few tips: If you are serving this for guests, toss right before serving so the zucchini does not get watery. The sauce and marina can both be stored in the fridge for a few days, so this meal can be served multiple times. You can also warm the sauce if you'd like.

Bonus Items

If you want to watch the video again, click [here](#).

Love the spiral slicer? Here is a great side-loading model to check out. See the details [here](#).