



Zoodles with No-Cook Tomato Sauce

Serving:

6-8

Type:

pareve, raw, vegan, gluten-free, kosher.

Author:

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Notes:

This zucchini salad highlights peak of summer fruit (yes, tomatoes are fruit) and veggies in an easy, throw together dish that's perfect for those steamy days when you shouldn't turn on your stove.

Nutritional yeast is a wondrous sub for cheese, lending umami flavor without the dairy. If you're going dairy, use $\frac{1}{4}$ cup shredded parmesan cheese or toss in cubes of fresh mozzarella.

This recipe was inspired by a similar recipe on The Kitchn.

Ingredients:

5-6 medium size zucchini, firm (and as fresh as you can find 'em)

4-5 large tomatoes (only summer's best)

4-5 cloves garlic, minced

12 basil leaves, lightly chopped or torn. Reserve some for garnish.

½ cup extra virgin olive oil

Salt and ground pepper to taste

¼ cup Bragg's Nutritional Yeast, or more to taste

½ cup pine nuts, lightly toasted (or raw)

Directions:

Trim ends of zucchini and spiralize into zoodles*. Place zoodles in a large bowl.

Roughly chop the tomatoes and mix with garlic, basil, olive oil, salt and pepper in a large bowl.

Dress the zoodles with the sauce and toss lightly until well combined.

Sprinkle with nutritional yeast and toss again.

Taste for seasoning and garnish with toasted pine nuts and reserved basil.

Tips:

*Alternatively, use a vegetable scraper and using some pressure, scrape the zucchini into wide zoodles. If purchasing zoodles (no shame) buy (3) 10 ounce packages or the equivalent of about 7 cups zoodles.

This salad is even better when it has time to rest. Consider throwing it all together in the morning (zoodle the night before) and allowing it to rest for 3-4 hours on the counter. Add cheese (if using) and toppings just before serving.