



Zuchinni “Pasta” with Tomato Sauce

NIBBLEDISH CONTRIBUTOR

Ingredients

- 6 zuchinnis (small to medium) - 1/2 cup sundried tomatoes - 1 whole tomato - 1 tablespoon virgin olive oil - 1/2 tsp red pepper flakes - 2 tablespoons cider vinegar - 1 tablespoon balsamic vinegar - 2 tablespoons pumpkin seeds (or some other mild nut), more for garnish - 3 baby carrots - 3 cloves garlic - 1 onion - sea salt - freshly ground pepper

Instructions

This recipe was created during a very brief, but neat, raw food phase. It's pretty tasty. 1. If you have a food processor, use the grating plate to grate all the zuchinni up. If you don't, use a vegetable peeler and slice ribbons of the zuchinni to create “noodles.” This probably looks nicer than the grating method, but I am lazy and own a Cuisinart. 2. Place your zuchinni on a tray and place in an unheated oven to dry it out for a bit while you make the sauce. If you have an electric oven, just place on paper towels blot the zuchinni. 3. For the sauce, place the sundried tomatoes in water to soak for 15 minutes. While tomatoes are soaking, chop onion and then place in food processor or blender to create a paste. Add the vinegars, garlic, red pepper flakes, olive oil and chopped baby carrots. If it gets too hard to blend, steal a tablespoon or two from the water that the dried tomatoes are soaking in. 4. Once the 15 minutes have passed, drain the dried tomatoes and reserve the water. Add dried tomatoes to mixture and pulse until it becomes smooth and add pumpkin seeds (or butts) to thicken the sauce up. Chop up whole tomato and add to the mixture and pulse the food processor or blender in order to incorporate the tomato, but keep it chunky! Add salt and pepper to taste and let sauce sit for 5 minutes to thicken and incorporate all of the flavors. 5. To serve, mound the zuchinni in a bowl and place a heaping portion of sauce on top. Garnish with pumpkin seeds or nuts if desired. Serves 4.