

## Raw Zoodles with Marinara and Walnut Pesto

Serves 2.

This raw pasta marinara with walnut pesto is one of my go-to raw dinners because it's low in carbs, loaded with nutrients, and really delicious. It took me awhile to get used to eating this raw - I mean, really, spaghetti should be served hot, right? But once I tried it I could just taste all the nutrients! Mixing it all up really blends the flavors. My husband, Tom, cannot wrap his head around eating raw food ... so since I have my dinner alone (he works 2nd shift, raw food it is!! Interesting, I think that when I eat raw vegan at night, my evening cravings went away.

Hmmmm.....



**Walnut Pesto:** (taken, in part, from [Simply Nourished Recipes](#))

- 2 ounces fresh basil (about 1 cups packed leaves)
- ¼ cup raw walnuts
- 1 garlic clove, peeled and smashed
- 1 tsp. lemon juice
- ¼ cup + 2 Tbsp. olive oil, divided
- Sea salt and fresh ground black pepper to taste

**Directions:**

1. Put the first four ingredients in a food processor bowl plus ¼ cup olive oil, the garlic and the lemon juice.
2. Blend until smooth, and add 2 tablespoons of olive oil, if needed
3. Taste then add salt and pepper to taste.
4. Set aside while you make the marinara sauce.

**Marinara Sauce:**

- 2 cups roughly chopped tomatoes
- 1/2 cup sun-dried tomatoes

- 1/2 cup chopped red bell pepper
- 1/2 cup firmly packed basil leaves
- 2 tablespoons extra-virgin olive oil (I use less)
- 1 tablespoon fresh lemon juice
- 1 tablespoon finely chopped red onion
- 1 teaspoon minced fresh garlic (1 clove)
- 1 date, soaked in filtered water for 15 minutes
- 1/4 teaspoon Celtic sea salt, plus more to taste
- 1/8 teaspoon red pepper flakes
- Pinch of red pepper flakes, plus more to taste

**Directions:**

1. To make the marinara pasta sauce, place all of the ingredients in your blender and blast on high until well combined. (This sauce will thicken while sitting so blend right before serving.)

**Zucchini Noodles or Zoodles, as they're often called:**

- 2 medium zucchinis

**Directions:**

1. To make the zucchini noodles, use a vegetable [spiralizer](#) to make spaghetti-style noodles, or use a vegetable peeler to shave off thick fettuccine-style noodles.

To serve, stir the marinara sauce through the zucchini noodles, and top with the pesto.

Note: For added flavor you can sprinkle some vegan Parmesan over the top.