

Vegan Spaghetti and Meatballs

Serves 2-3 people

“Zoodles” a.k.a. Zucchini Noodles

(If you have access to a vegetable spiralizer)

3-4 zucchinis, peeled

1 tsp extra virgin olive oil

Run the zucchinis through the spiralizer. I like to use the larger of the two “angel-hair pasta” blades. In a large pan, heat the oil on medium heat. Transfer the zoodles to the pan and toss them in the oil. Stir-fry the zoodles until they’re just cooked through – they should still be slightly crunchy. The zoodles will release a lot of liquid as they are cooking. Try to drain as much of this liquid as possible after the zoodles are cooked so the marinara sauce doesn’t become watery later on, and so the zoodles don’t become soggy.



If you don't have access to a vegetable spiralizer, cook your favorite angel-hair pasta according to the package directions.

Nutballs

¼ cup almonds

¼ cup walnuts

~ ¼ cup sundried tomatoes, drained (you can use a little more than ¼ cup if you want!)

Cumin, coriander, turmeric, cayenne, etc. and other spices

2 cloves garlic

Olive oil (or water)

Pinch of salt & pepper

Nutritional yeast (optional)

Ideally, the almonds and walnuts should be soaked for about 4 hours. In a pinch, cover them with boiling water and let them sit for 10 minutes. Drain them, and they are ready to use!

In a food processor, pulse almonds, walnuts, and garlic until they're a very rough flour. Add sundried tomatoes, spices of your choice (cumin powder makes a big difference!), salt and pepper, and nutritional yeast if you're using it. Then add olive oil until the mixture is crumbly, but sticks together when you shape it. Shape it all into nut balls and refrigerate for an hour or so.

Basic Marinara Sauce

1 28-ounce can crushed tomatoes

¼ cup extra-virgin olive oil

5-7 garlic cloves, peeled and slivered

Small dried whole chili, or pinch crushed red pepper flakes

1 teaspoon kosher salt

1 large fresh basil sprig, or 1/4 teaspoon dried oregano, more to taste

In a large skillet, over medium heat, heat the oil. When it is hot, add garlic. As soon as garlic is sizzling (do not let it brown), add the can of tomatoes. Add whole chili or red pepper flakes, oregano (if using) and salt. Stir. Place basil sprig, including stem, on the surface (like a flower). Let it wilt, then submerge in sauce. Simmer sauce until thickened and oil on surface is a deep orange, about 15 minutes. (If using oregano, taste sauce after 10 minutes of simmering, adding more salt and oregano as needed.) Discard basil and chili (if using).