

Zucchini Noodles with Marinara Sauce and Meatballs

Servings: 2 - 4

Prep time: 15 minutes

Cook time: 30 minutes

Ingredients:

- 2 large zucchini, spiralized into noodles
- 1 tablespoon olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 (28 ounce) can crushed tomatoes
- 1 teaspoon dried oregano
- 1/2 teaspoon dried basil
- Salt and pepper to taste
- Gluten-free meatballs (check out our recipe!)

Directions:

Step 1

Heat olive oil in a large skillet or pot. Add onion and cook until softened. Add garlic and cook for 30 seconds until fragrant.

Step 2

Add crushed tomatoes, oregano, basil, salt, and pepper. Bring to a simmer and cook for 15-20 minutes, or until sauce has thickened slightly.

Step 3

Bake gluten-free meatballs.

Step 4

While the sauce is simmering, spiralize the zucchini.

Step 5

Add zucchini noodles to the sauce and cook for 2-3 minutes, or until tender-crisp.

Step 6

Serve immediately with meatballs.

Tips for Perfect Zucchini Noodles

- **Don't Overcook:** Zucchini noodles cook very quickly. Overcooking will make them watery and mushy.
- **Remove Excess Moisture:** If your zucchini noodles seem watery, you can lightly salt them and let them sit for 15-20 minutes. Then, gently squeeze out the excess moisture with paper towels.