

LUNCH OR DINNER — MAIN DISH

Sun-Dried Marinara

Makes 6 servings · about ½ cup each

SATIETY SCORE	NUTRITION
● ● ○ ○ ○ 2 / 5	HIGH
Per serving (approx.): Protein 2 g · Fiber 2 g · Calories 50	

Ingredients

- 3 oz dried tomatoes
- 1 Tbsp honey
- ¼ cup red wine vinegar
- 6 fresh basil leaves
- 3 large red tomatoes
- 2 garlic cloves
- ½ onion
- 1 tsp Italian seasoning
- ¼ jalapeño (optional, for heat)
- Pepper to taste

Directions

1. Blend all ingredients (except water) in a blender until smooth.
2. Slowly add small amounts of water to reach the desired sauce consistency.
3. Serve warm or at room temperature over zucchini noodles, spaghetti squash, or whole-grain noodles.

Note: This is a sauce — pair with a protein and whole-grain or vegetable noodles for a filling meal.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

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Check off what you need — items are grouped by store section.

PRODUCE

- ☐ 6 fresh basil leaves
- ☐ 3 large red tomatoes
- ☐ 2 garlic cloves
- ☐ ½ onion
- ☐ ¼ jalapeño (optional, for heat)

PANTRY & DRY GOODS

- ☐ 3 oz dried tomatoes

CHECK YOUR PANTRY

- ☐ Honey
- ☐ Red wine vinegar
- ☐ Italian seasoning
- ☐ Black pepper