

Zucchini Noodle Spaghetti

nuSTART

MAIN DISHES

No-cook, or warm • ~10 min • Serves 1

CALORIES 70 • PROTEIN 3 G • FIBER 3 G



INGREDIENTS

- 1 medium zucchini
- ¼ cup marinara sauce (jarred, or make our **Sun-Dried Marinara**)

NUSTART KITCHEN

DIRECTIONS

- 1 Clean the zucchini and make noodles with a spiralizer, or a julienne peeler for thinner strands.
- 2 Serve raw for a crunchy noodle, or warm briefly to soften.
- 3 Top with the marinara: jarred, or our **Sun-Dried Marinara** from this month's recipes.
- 4 **Make it a meal.*** Add a lean protein: ground turkey, ground chicken, or ground beef (grass-fed preferred) browns into a traditional meat sauce; tofu if you eat plant-based, seasoned to match the dish. Italian seasoning here.

WHAT MAKES THIS FILLING. Zucchini is mostly water, so the noodles on their own will not keep you full for long. That is not a mark against the dish. Using a vegetable in place of refined pasta brings vitamins and minerals the box does not. Add a lean protein and the plate is complete. That is what step 4 is for.

Protein is shown in grams. Per-serving values are from USDA FoodData Central reference amounts, approximate, and vary with brand, variety, and preparation.

*Making it a meal adds, per serving: 3 oz cooked ground turkey: about 175 calories, 23 g protein • ground chicken: 160 calories, 20 g protein • ground beef (93% lean): 180 calories, 25 g protein • firm tofu (½ cup): 105 calories, 13 g protein, and 1 g of fiber. USDA FoodData Central, approximate.

Grocery List



ZUCCHINI NOODLE SPAGHETTI

Serves 1. Multiply by the number you are feeding. What to **buy**.

AISLE BY AISLE

TAKE THIS PAGE TO THE STORE

CHECK OFF EACH BOX AS YOU SHOP

PRODUCE

- ☐ 1 medium zucchini per serving
- ☐ 1 block firm tofu, if you are going plant-based • usually in the refrigerated case

PANTRY

- ☐ 1 jar marinara sauce • or skip the jar and make our **Sun-Dried Marinara** (add the items below)

MAKING THE MARINARA? • *everything the sauce needs*

- ☐ 3 large red tomatoes
- ☐ 3 oz dried tomatoes
- ☐ 6 fresh basil leaves • or 1 tsp dried from your spice rack
- ☐ 2 garlic cloves • ½ onion • ¼ jalapeño (optional, for heat)

MEAT & SEAFOOD

- ☐ 1 lb ground turkey, chicken, or beef • grass-fed preferred • for step 4, if you make it a meal

SPICES & SEASONING

- ☐ 1 jar Italian seasoning • for the protein, if you add it

YOU MAY ALREADY HAVE • *check these before you shop*

- ☐ Salt and pepper
- ☐ Honey • *only if you are making the marinara*
- ☐ Red wine vinegar • *only if you are making the marinara*

ALSO PICKING UP

write the rest of your list here, so it all travels on one page

Quantities here are what to **buy** for one batch. Package sizes vary by store and brand, so a bag or a jar may cover several batches.
Print double-sided, flipped on the long edge, so the recipe and its grocery list stay one sheet.