

Sun-Dried Marinara

nuSTART

MAIN DISHES

Blender • ~10 min • Serves 6 • about ½ cup each

ABOUT 50 CALORIES A SERVING

CALORIES 50 • PROTEIN 2 G • FIBER 2 G



INGREDIENTS

- 3 oz dried tomatoes
- 1 Tbsp honey
- ¼ cup red wine vinegar
- 6 fresh basil leaves (or 1 tsp dried)
- 3 large red tomatoes
- 2 garlic cloves
- ½ onion
- 1 tsp Italian seasoning
- ¼ jalapeño, or red pepper flakes to taste (optional, for heat)
- Black pepper, to taste
- Water, a little at a time, to thin

NUSTART KITCHEN

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.

WHAT MAKES THIS FILLING. On its own, it is not. This is a sauce, about 50 calories a serving. Pair it with a protein*: ground turkey, chicken, or beef, grass-fed preferred, browns right into it, and whole-grain or vegetable noodles for a filling meal. Nearly all of it is tomatoes, fresh and dried, which bring their water, vitamins and minerals along.

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

*Pairing 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.

Grocery List



SUN-DRIED MARINARA

Makes one batch. Serves 6, about ½ cup each. What to **buy**.

AISLE BY AISLE

TAKE THIS PAGE TO THE STORE

CHECK OFF EACH BOX AS YOU SHOP

PRODUCE

- ☐ 3 large red tomatoes
- ☐ 6 fresh basil leaves • or use 1 tsp dried from your spice rack
- ☐ 2 garlic cloves
- ☐ ½ onion
- ☐ ¼ jalapeño • optional, for heat; red pepper flakes work instead

PANTRY

- ☐ 3 oz dried tomatoes

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

- ☐ Honey
- ☐ Red wine vinegar
- ☐ Italian seasoning
- ☐ Black pepper
- ☐ Red pepper flakes • the no-shopping route to heat

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.

Spice blend: Fresco Spice Blends Penney's Little Italy (oregano, garlic, basil, unrefined sea salt, red pepper flake). To mix a similar blend, about 1 Tbsp: 1½ tsp dried oregano, 1 tsp dried basil, ½ tsp garlic powder, and ¼ tsp red pepper flake. Salt to taste.

Print double-sided, flipped on the long edge, so the recipe and its grocery list stay one sheet.