

Nicole's Vegetarian Zoodles Spaghetti

*2 packs (1.5 pounds each) Trader Joe's organic zucchini. Made into zoodles (zucchini noodles)

*2 Tbl olive oil

*Garlic powder

*Salt

*One pack (1 pound) Trader Joe's organic super firm Tofu

*1 jar (24 ounce) Rao's Sensitive Marinara. It's my favorite and my Italian husband loves it!

*Fresh shredded Parmesan

Cook zoodles in 1Tbl olive oil. Season with garlic powder and salt to taste.

Heat 1 Tbl olive oil in pan. Crumble tofu. Brown the tofu and season to taste. Add jar of Rao's marinara, stir, and heat sauce. It looks like ground turkey breast, but does not taste nor have the texture of poultry or I would not like it.

Put 12 ounces of cooked zoodles onto plate, top with 3.5 ounces tofu marinara. You can have 2 ounces of marinara as a condiment.

Finally, top with 0.5 ounces of Parmesan. Mix with a fork and enjoy.





Over 120 years in the making.
Bring home the famous taste of Rao's
Homemade® Sensitive Marinara Sauce.
This sauce does not contain onions or
garlic, while still keeping all the flavor
of our slow-simmered Italian tomatoes.

Heat. Serve.
Refrigerate after opening.

Ingredients: Italian Whole
Peeled Tomatoes, Olive Oil, Carrots,
Salt, Celery, Basil.

Product of Italy

Manufactured for:
Rao's Specialty Foods, Inc.
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