

## **Quinoa Bolognese with Zucchini Noodles**

### **Prep time:**

15 minutes

### **Cooking time:**

25 minutes

### **Yields:**

4 people

### **Ingredients:**

1 tablespoon extra-virgin olive oil  
1 medium onion, chopped  
2 to 3 cloves garlic, minced  
1 large carrot, finely diced  
1 large celery stalk, finely diced  
1/2 cup quinoa  
1/3 cup dry red wine  
1 (28-ounce) can crushed tomatoes  
1/4 cup flat-leaf Italian parsley, chopped  
8 fresh basil leaves, chopped  
Salt and pepper to taste  
2 medium zucchini  
Nutritional yeast, optional

### **Directions:**

Heat the oil in a large saucepan. Add the onion and sauté over medium heat until it is translucent. Add the garlic, carrot, and celery and continue to sauté until soft. Add the quinoa, wine, tomatoes,, seasonings, and 1 cup water. Bring to a boil, then simmer gently, covered, for 15-20 minutes, stirring occasionally, until the quinoa is tender and infused with the tomato-y flavors.

Use a spiralizer (or mandolin or vegetable peeler) to create noodles from the zucchini. Add zucchini noodles to sauce and mix well. Serve topped with nutritional yeast.