

## **Zucchini Spaghetti Arrabbiata**

**Prep time:**

15 minutes

**Cooking time:**

25 minutes

**Yields:**

4 people

**Ingredients:**

1 tablespoon olive oil

2 cloves garlic, minced

½ cup tomato paste

1 tablespoon hot red-pepper flakes

1 ½ cups diced tomatoes

Salt and pepper to taste

2 medium zucchini

1 tablespoon Nutritional yeast

1 tablespoon almond meal

1 tablespoon himalayan sea salt

**Directions:**

In a small bowl mix together nutritional yeast, almond meal and himalayan sea salt and set aside. In a large sauté pan over medium heat, add olive oil and garlic, stir just until fragrant. Add the tomato paste, pepper flakes and tomatoes; 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 mix.