

COMPLIANT RAW ZOODLE SALAD

This is a great salad for lunch or as a different kind of salad to take to a potluck.

**Ingredients:**

* 2 zucchinis
* 1 large tomato
* 6 soaked, sun-dried tomatoes
* ¼ - ½ cup water or tomato juice
* 2 cloves garlic
* 1 soaked date
* 2 Tbs. fresh basil
* Salt free seasoning and/or pepper to taste

**Method:**

1. Soak the sun-dried tomatoes and date in the water/tomato juice for a couple of hours or even overnight.
2. Spiralize the zucchini into noodles, or with a peeler into ribbons, and place in a large serving bowl. Tip: line the bowl with paper towel and let zucchini rest for 15 minutes to dispel excess water into the paper towel. Then discard paper towel.
3. For the sauce, place the tomato, sun-dried tomatoes, water, garlic, date, basil and seasoning in a food processor/blender until smooth.
4. To serve, place the zucchini noodles into a big bowl and pour the raw sauce over the top, just like you would for a bowl of pasta and toss to mix.

Tip: You can blanch the noodles in boiling water for two minutes so you can serve this dish hot in winter.