

Zucchini Spirals with Faux Alfredo Sauce

This is a RAW recipe and is a perfect summer meal. You can quickly heat the zucchini if you want this dish warm but don’t cook long or you’ll have a mushy mess. Don’t premix this salad with the sauce as it will become watery.

**Ingredients:**

* 1 small zucchini – spiralized

**Sauce:**

* 1 container silken tofu
* 2 Tbs. filtered water
* 1.5 Tbs. lemon juice
* 1 Tbs. tamari
* 2 Tbs. fresh rosemary, chopped fine
* 2 cloves garlic, chopped
* 3 Tbs. nutritional yeast
* Garnish with fresh chopped basil and black pepper

**Method:**

1. Spiralize the zucchini and lightly salt and set aside. Zucchini holds a lot of water. To help get rid of the excess water after spiralizing, lightly salt the zucchini to draw out the water and let sit for half an hour then drain off the liquid. If you are salt free, obviously omit the salt and let the noodles sit on paper towels.
2. Put tofu, water, lemon juice, tamari, rosemary, garlic, nutritional yeast and sea salt and pepper in a blender and blend until smooth. Add extra water to get the consistency you like. This sauce makes over a cup and stores well in the fridge. So, you should have enough sauce for 2-3 servings.
3. Put the drained zucchini noodles in a bowl.
4. Pour on dressing, about one third to a half, and mix lightly with the zucchini noodles.
5. Top with chopped basil and black pepper and serve.