

ZUCCHINI PASTA AND SPINACH

[\(BITE OF LIFE BLOG\)](#)- USING ZUCCHINI FROM A SPIRALIZER IS A GREAT SUBSTITUTE FOR PASTA! THIS ONE'S FOR YOU LAURA!

4 zucchini (I prefer skin on)

2-4 cups fresh baby spinach

tomato sauce, warmed on stove (I used Organicville brand from a jar; if you prefer homeade, refer to my tomato sauce from my veggie lasagna recipe or create your own)

-Bring 6 cups water almost to a boil.

-Using a julienne slicer or spiral vegetable slicer, slice all of the zucchini

-Before the water boils, remove from heat. Plunge the zucchini into the water, give it a quick stir, then drain water from zucchini (this just warms it and prevents the zucchini from cooking).

-Add the raw spinach to the drained zucchini and toss together. The spinach will wilt from the heat.

-Add the tomato sauce and stir.