



## **Zoodles and Marinara Sauce**

### **Ingredients:**

2 medium or 3 small zucchini, spiralized  
4 oz sliced Baby Bella mushrooms  
1 jar organic marinara sauce (at least 16 oz.)

### **Optional ingredients:**

1 lb. browned, organic ground beef (85% lean)  
1/3-1/2 of a small onion diced and sautéed

### **Instructions:**

In a large skillet over medium heat, add the zucchini, mushrooms and marinara sauce, and heat through! If using, add the browned ground beef and sautéed onion at the same time as well.

**Recipe Provided by Tricia Collins**