Zoodles with Bolognese Sauce

Recipe By Victoria Dwek

Cooking and Prep: 🕐 40 m   **Serves:** 🍲 4   **No Allergens**

Preference: Parve

Difficulty: Easy

Diet: Vegetarian, Vegan, Pescetarian, Gluten Free, Low Fat, Low Carb, Sugar Free

Source: Kosher.com Exclusive

Cuisines: Italian

This all-veggie dish feels like a meal...without many calories at all. This recipe arose from my fleish-phobia (fear of eating meat and then not being able to eat dairy for six hours). Now I can have the satisfaction of a hearty meat sauce … with no worries of having meat. Hey, I can even sprinkle some Parm on top.

For more skinny cooking, click here!

For more from Victoria Dwek, check out 4 Amazing Things.

Ingredients (14)

Zoodles

- [ ] **4 large** or **6 medium** zucchini or yellow squash, julienned

- [ ] salt, for sprinkling

- [ ] pinch of coarse **Gefen Black Pepper**

- [ ] **2 cloves** garlic, crushed, or **2 cubes** **Gefen Frozen Garlic**

Bolognese Sauce

- [ ] **1** onion, diced

- [ ] **2** carrots, peeled and diced

- [ ] **2** stalks celery, diced

- [ ] **20 ounces** baby Bella mushrooms, finely diced

- [ ] **4 ounces** shiitake mushrooms, finely diced

- [ ] **1 teaspoon** salt, plus additional for sprinkling

- [ ] **1/2 teaspoon** dried thyme

- [ ] **1/2 teaspoon** dried oregano

- [ ] **1/2 cup** Alfasi Cabernet Sauvignon, or other red wine

- [ ] **1 (15-ounce) can** Gefen Tomato Sauce

Start Cooking

For the Bolognese

1. Grease a large sauté pan with nonstick cooking spray and heat over medium heat. Add onion and garlic and season with salt. Cover, lower heat, and cook for five minutes.

2. Add carrots and celery and cook an additional three to five minutes.

3. Add mushrooms and cook over low heat until mushrooms shrink and are deeply browned, about 20–24 minutes.

4. Season with salt, thyme, and oregano. Add red wine and cook for two to three minutes to let alcohol evaporate. Add tomato sauce and cook until sauce thickens, about 10 minutes.

For the Zoodles

1. Toss zucchini with salt, pepper, and garlic and divide between four bowls.

2. Microwave for three minutes. Top with bolognese sauce and serve.