

# Summer Vegetable Puttanesca

*For the "noodles"\*:*

1 medium sized zucchini

2 medium sized carrots

\*you can also use yellow summer squash, daikon radish, cucumbers, etc.

*For the sauce:*

2 tablespoons olive oil

4 anchovies (omit if vegan or vegetarian)

2 garlic cloves

2 cups roughly chopped tomatoes

2 tablespoons capers

pinch of sea salt (optional)

*Garnish:*

1 tablespoon hemp seeds

2 tablespoons thinly sliced basil

¼ cup chopped olives

4-5 cherry tomatoes, sliced in half

1. Use a peeler to peel the zucchini and carrots in long strips, discarding the pieces that are all skin. Once all the veggies are done, mix them together in a large bowl.
2. In a blender or food processor, combine the sauce ingredients, leaving it a little bit chunky.
3. Arrange the "noodles" on a plate or bowl, add the sauce and toss together, either completely mixed or leave the sauce as a drizzle over the top, it's up to you. You can also throw the noodles and sauce in pan and heat them up, to be as al dente or tender as you like. Add your garnish of choice and serve.

*Recommended by my cousin Tina Nandi*

*Adapted from Clean Eats by Dr. Junger*