



Lentil Bolognese Zucchini Pasta

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🕒 15 MINS | 🍴 4 SERVINGS

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INGREDIENTS

1 tablespoon olive oil	1 teaspoon dried basil
1/2 sweet onion diced	1 teaspoon dried oregano
4 cloves garlic minced	1/2 cup water
1 carrot diced	3/4 cup dried lentils
2 cups marinara sauce	1 pound zucchini spiralized into noodles

NUTRITION INFORMATION PER SERVING

Calories 271kcal	Sodium 400mg
Carbs 42g	Fiber 9.1g
Protein 13g	Added Sugar 7.1g
Total Fat 5.7g	Fruits 0 servings
Saturated Fat 0.64g	Vegetables 2.37 servings

Method

1. Heat a large rimmed skillet over medium heat. Once hot, add oil, onion and garlic. Sauté for 2-3 minutes, stirring frequently, until slightly softened and fragrant.
2. Add carrots. Cook for 3-4 minutes more, then add marinara sauce and stir to coat.
3. Add basil, oregano, water, and lentils. Increase heat slightly and bring mixture to a simmer, then reduce heat to low/medium-low and continue cooking until lentils are tender – stirring occasionally – about 17-20 minutes. Add a bit more water if mixture gets too thick.
4. Add mixture over spiralized zucchini noodles.

