

Marinara:

- 1 cup sun dried tomatoes, soaked for several hours (until softened) in 1 cup of water
- 1/2 – 3/4 cup tomato soak water
- 2 cups tomatoes
- 1 teaspoon oregano
- 1 clove garlic
- 2 teaspoons sea salt
- 1/4 cup fresh basil, minced, or 2 tablespoons dry
- 1 tablespoon olive oil (optional)
- Italian seasoning to taste (optional)

Directions:

1. Blend all ingredients except the fresh basil, until thick and smooth. Adjust liquid and seasonings to taste.
2. Stir in the basil.

Serve over zoodles or other low carb pasta substitute.

Borrowed with Permission from Dr. Ritamarie Loscalzo