

Tomato Avocado Sauce With Zucchini Noodles

Ingredients

1 Tbsp Avocado Oil
1 large Onion
3-4 Garlic cloves, minced
4 cups diced Tomatoes, cut into ½ inch cubes
¾ tsp Celtic Salt
1/8 ground Black Pepper
1 small bunch of chopped Cilantro
4 cups Zucchini Noodles
1-2 ripe medium Avocados, cut in ¾ inch cubes

Directions

Heat 1 TBSP avocado oil in a large skillet over medium heat. Add the onion, garlic, and chili pepper and cook until softened , about 5 minutes. Add the tomatoes, salt and cook, stirring often, until the sauce has thickened slightly, about ten minutes. Remove from the heat and stir in the cilantro. Keep warm. Meanwhile prepare your zucchini noodles and place in a large serving bowl. Add tomato sauce and avocado. Toss to mix well and service immediately.