

Creamy Avocado Pesto Zoodles

Ingredients

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|--------------------------------|---------------------------------|
| 1 medium to large zucchini | 1 clove garlic, roughly chopped |
| 2 Tbsp. basil, roughly chopped | 1/2 avocado |
| 1 Tbsp. fresh lemon juice | 1 Tbsp. water |
| Salt and pepper to taste | |

Instructions

- Using a Veggetti (or whatever tool you like) to turn your zucchini into zoodles.
- Place zoodles in a microwave safe bowl along with a splash of water and microwave for two minutes (or until tender). Drain excess water.
- Place garlic and basil in a food processor and pulse a few times.
- Add in avocado, lemon juice, water, a pinch of salt and pepper and pulse until smooth and creamy. Add extra water if the sauce is too thick.
- Pour the sauce over the hot zoodles and toss until the zoodles are coated with the sauce.
- Optional: add diced tomatoes, sautéed mushrooms and a protein of choice to add more flavor and a pop of color!

Adopted from: www.cleananddelicious.com

Kitchen Classroom

Zucchini is low calorie, high in fiber and is 95% water! They are best bought locally May-July. When buying, look for sleek, smooth, firm zucchinis with a bright colored skin.

Avocados in a nut shell are a green, pear-shaped fruit often called an 'alligator pear' loaded with healthy fats, fiber and contain more potassium than a banana.

Oleic acid is the monounsaturated healthy fat that makes up 77% of an avocado and is linked to reducing inflammation and improving heart disease risk factors like Total, LDL, HDL cholesterol numbers and blood triglyceride levels.

Nutrition Information per serving

Serving Size: Recipe makes one serving

Calories: 220

Fat: 16 gm

Sodium: 35 mg

Fiber: 10 gm

Carbohydrates: 21 gm

Protein: 6 gm

