

Zucchini Noodles (Zoodles) with Creamy Spinach Pesto and Tomatoes

Zucchini is rich in vitamin C and beta-carotene which help combat oxidative stress.

Prep Time: 30 minutes

INGREDIENTS

Yield: 6-8 servings

- 1 cup walnuts *soaked
- 3 medium zucchinis (it is best to use medium zucchini as there are minimal seeds.)
- 1 packed cup basil leaves (wash, dried, remove stems)
- 1 packed cup baby spinach leaves
- Juice and zest of ½ lemon
- ¼ cup olive oil
- 1 cup walnuts
- Salt and pepper to taste
- ½ cup chopped fresh tomatoes or sun-dried tomatoes

*Notes: *Soaking walnuts: Place raw walnuts in a bowl, add a dash of salt and enough filtered water to cover walnuts. Soak for 3 hours or overnight. When ready to use, drain and rinse walnuts.*



Cook time: No Cooking

PREPARATION

To Make Zucchini Noodles:

- Using a vegetable spiralizer, create Zucchini Noodles (zoodles). If you do not have a spiralizer, you can use a vegetables peeler. Remove some of the outer green zucchini skin. Peel zucchini, rotating zucchini to continue to get even peels. Stop when you get to skin.
- Put zoodles in a large bowl.

To Make Walnut Cheese

- Puree soaked walnuts in food processor with a small amount of warm water to make a nut cheese.

To Make Creamy Spinach Pesto Sauce

- Put in the food processor spinach leaves, basil, garlic, olive oil and lemon juice and walnut cheese. Blend until smooth. Can add a small amount of warm water as needed to get a smooth consistency. Add salt and pepper to taste. Adjust seasoning.
- Toss Zoodles with Creamy Pesto Sauce.
- Garnish with chopped tomatoes and basil leaves.

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