



RECIPES

Zucchini Noodles with Pesto & Pine Nuts

INGREDIENTS:

3 (about 2-2 ½ lbs) Large zucchini
(larger zucchini make for nicer, wider
noodles)

2 Tablespoons homemade or store
bought pesto

2 tablespoons freshly grated
Parmigiano-Reggiano

2 tablespoons pine nuts or chopped
walnuts, toasted until golden*

Salt and pepper to taste

2 tablespoons extra virgin olive oil

INSTRUCTIONS:

1. Using a vegetable peeler, press firmly and peel zucchini into long, wide ribbons. Work your way around the zucchini and stop when you get to the seeds.
2. Lightly coat pan with olive oil and heat to medium-high heat, Add zucchini noodles to pan and gently stir for about 1-2 minutes, until just al dente.
3. In bowl, combine cooked zucchini, pesto sauce, parmesan cheese and toasted nuts. Season with salt and pepper to taste, then serve.

*To toast nuts, preheat oven to 350°. Toast until golden, watching carefully, for about 5 minutes.

Recipe serves 4

*For more recipes, visit wjmc.org/recipes
or call 504.349.1232*



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