

Ooodles of Zoodles with Avocado Pistachio Pesto

Makes: 5 Servings

"I am not a big fan of cooked zucchini, but when my sister made zucchini noodles one day with a tomato sauce, I loved it," says Nia. "So, I started experimenting and came up with a very delicious pesto sauce by using lots of flavors that I love, like avocado, spinach, and pistachios. It turned out so delicious and when I made it for dinner for my family, they loved it. It is crunchy fresh, and the sauce is just awesome."

Ingredients

For the Pesto:

- 1 ripe avocado
- 1 cup packed fresh basil
- 1 cup packed fresh cilantro
- 1 jalapeño, ribs and seeds removed
- 2 garlic cloves, peeled
- 1 Juice of 1 lime
- 1/2 cup olive oil
- 1 teaspoon salt, or to taste
- 1/2 cup pistachios

For the Zoodles:

- 4 zucchini, peeled
- 2 cups cherry tomatoes, halved
- 2 cups peeled, shredded carrots
- 1/2 medium red onion, peeled and thinly sliced

Directions

1. **To make the Pesto:** In a blender or food processor, blend 1 cup water with all the pesto ingredients, except the pistachios, until incorporated. Add the pistachios and blend



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	310	
Total Fat	31 g	48%
Protein	3 g	
Carbohydrates	8 g	3%
Dietary Fiber	7 g	28%
Saturated Fat	4 g	18%
Sodium	512 mg	22%

*Percent Daily Values are based on a 2,000 calorie diet.

until mostly smooth. Taste and adjust seasoning if needed.
Set aside.

2. **To make the Zoodles:** Use a grater, peeler, mandolin slicer, or spiralizer to turn the zucchini into zoodles. (I used a spiralizer to get the noodle A.K.A. zoodle shape.) In a large bowl, mix the zoodles with the tomatoes, carrots, and red onion. Arrange the salad in bowls. Top with the pesto and serve.

The 2015 Healthy Lunchtime Challenge Cookbook