

Zoodles with Avocado Pesto

Dairy-free. Gluten-free. Delicious.



INGREDIENTS:

2 ripe avocados
1 cup basil
6 zucchini
3 garlic cloves
2 tablespoons lemon juice
4 tablespoons olive oil
1/4 cup pine nuts
Salt and pepper to taste

DIRECTIONS:

1. Spiralize the zucchini to create “zoodles” and set aside on paper towels so any excess water is soaked up.
2. In a food processor, add avocados, basil, garlic, pine nuts, lemon juice and salt until finely chopped.
3. With the motor still running, add olive oil in a slow stream until emulsified and creamy.
4. Drizzle olive oil in a large skillet over medium-high heat and add zoodles. Cook the zoodles for 1-2 minutes until tender.
5. Add the zoodles to a large bowl and toss with the avocado pesto. Season with salt and pepper. Serve and enjoy!



Innovating primary care, leading as a Patient-Centered Medical Home.