



UNIVERSITY OF DELAWARE
**COOPERATIVE
EXTENSION**

Pesto Zucchini

Serving size

4 servings

Ingredients

- 4 zucchinis
- 2 cups fresh basil leaves (finely minced)
- 2 cloves of garlic (finely minced)
- 1/3 cup olive oil
- 1 cup cherry tomatoes (halved)
- salt, pepper, and lemon juice to taste



Directions

1. Use a peeler to slice the zucchini into thin strips that resemble noodles
2. Combine the pesto and garlic in a bowl until fully mixed
3. Slowly add in the olive oil and mix until smooth
4. Once mixed, add salt, pepper, and lemon juice to taste
5. In a larger bowl, combine the zucchini with the pesto sauce, slowly tossing the noodles until they are well covered
6. Add tomatoes on top and serve at room temperature, or chilled based on your personal preference

Nutrient content per serving

- Calories- 171cals
- Carbs- 2.25g
- Protein- 1g
- Fat- 19g
- Sodium- 17mg
- Fiber- .5g

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