

# ZUCCHINI NOODLE SALAD WITH PARSLEY-PISTACHIO PESTO

Pair this recipe with last week's roasted red pepper & almond dip appetizer for a fresh and flavorful dinner ensemble!

## **Ingredients:**

4 medium zucchini (about 1 ½ lbs)	½ cup grated Parmesan, plus more for garnish
2 cups Italian parsley, roughly chopped	2 tbsp sherry vinegar (red wine or balsamic vinegar can be substituted)
2 cups arugula, roughly chopped	1 tbsp lemon juice, plus more to taste
1/3 cup shelled pistachios, plus more for garnish	½ cup extra virgin olive oil
1 large clove garlic, smashed	Freshly ground pepper, to taste

## **Directions:**

1. Spiralize the zucchini using a spiralizer, mandoline, or vegetable peeler. Pat the zucchini noodles very dry with paper towels and transfer to a large bowl.
2. Combine the parsley, arugula, pistachios, and garlic in the bowl of a food processor or blender and process until coarsely chopped. Add the Parmesan, vinegar, and lemon juice, and pulse until combined. With the machine running, slowly add the olive oil until the pesto is thick and smooth. Taste and pepper and additional lemon juice as needed.
3. Add the pesto to the bowl with the zucchini noodles and toss until well combined. Taste and adjust seasoning as needed. Garnish with chopped pistachios and grated Parmesan. Serve immediately.
4. *\*Pesto will darken and brown very quickly, but will still be tasty and fresh for several days. If storing, store it in the smallest container possible and thoroughly press the pesto to eliminate air pockets. Pour a little olive oil over the surface, cover, and refrigerate for up to a week. Pesto can also be frozen for several months\**

## ***Nutrients per serving***

### ***Makes 4 servings***

Calories	395
Fat	32 g
Sodium	230 mg
Carbohydrate	12 g
Fiber	4 g
Protein	10.5 g



Recipe from <http://www.thekitchn.com>  
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