



## Zucchini Pesto “Pasta”

Yield: 2 servings

### Ingredients

2 large or 4 small zucchinis  
2 tablespoons olive oil  
1/2 cup kale hazelnut pesto  
Salt and pepper  
Optional: your favorite broiled or grilled fish

### Preparation

Thinly slice the zucchini into pasta ribbons. A vegetable spiralizer works best for this, but you can also use a mandoline, julienne peeler or a regular vegetable peeler.

Heat a large skillet over medium heat and add the olive oil. Throw in the zucchini noodles and toss lightly with tongs. Add a pinch of salt. Continue mixing for a couple of minutes.

Once the zucchini begins to release its juices add in the pesto. The pesto and the juice from the zucchini will combine to make a sauce.

Turn down the heat and continue to sauté for 2-3 minutes, tossing to evenly mix in the pesto. Add salt and pepper to taste. Pile into pasta bowls and top with your favorite grilled or broiled fish.

## Kale Hazelnut Pesto

### Ingredients

1 cup hazelnuts or walnuts, toasted  
1 cup packed fresh basil leaves  
1 cup packed kale, stems removed  
4 ounces parmesan  
2-3 cloves garlic  
1/2 cup olive oil  
1/4 cup fresh lemon juice (1 lemon)  
2 teaspoons mellow miso, yellow or white

### Preparation

Combine the hazelnuts, basil, and kale in a food processor or professional blender and pulse until coarsely chopped.

Add the parmesan, garlic, olive oil, lemon juice and miso and process until smooth.

Refrigerate for up to 5 days until ready to use or store in an airtight container in the freezer for up to 3 months.

*Compliments of [freshabits.com](http://freshabits.com)*