

## Zucchini Noodles with Basil-Pumpkin Seed Pesto

Ingredients	Instructions
<ul style="list-style-type: none"><li>• 4 zucchinis, spiralized into noodles</li></ul> <p><b>Pesto:</b></p> <ul style="list-style-type: none"><li>• 2 cups fresh basil or arugula leaves (packed tight)</li><li>• ½ small yellow onion, roughly chopped</li><li>• ½ cup pumpkin seeds, (toasted)</li><li>• 1 garlic clove, finely diced</li><li>• ⅓ cup olive oil</li><li>• 2 tsp red wine vinegar, to taste (or lemon juice)</li><li>• A pinch of red pepper flakes</li><li>• Salt, to taste</li><li>• Cherry tomatoes</li><li>• Basil, optional (for garnish)</li></ul>	<ol style="list-style-type: none"><li>1. <b>Make Pesto:</b> In a blender or food processor, combine basil, pumpkin seeds, garlic, olive oil, onion, vinegar, red pepper flakes, and salt. Mix until smooth. If the mixture tastes to oniony let it rest a few minutes to mellow. Taste and balance the flavour, add more salt, and/or vinegar, if desired.</li><li>2. <b>Prep Zoodles:</b> Spiralize zucchini using a spiralizer, julienne peeler or grater. Toss zucchini noodles gently with pesto, taste and add more salt, if desired.</li><li>3. <b>Combine &amp; Serve:</b> Gently toss the zoodles with the pesto until everything is evenly coated. Serve immediately.</li></ol>