

Spiralized Zucchini and Pesto

Looking for something to do with all those zucchinis? This recipe substitutes zucchini for pasta, removing the carbs that can fuel digestive problems and replacing them with healthy carbohydrates, fiber, and vitamins.

Ingredients:

- **3-4 medium zucchinis**
- **Olive oil for sauteing**
- **2 cups packed Basil**
- **2 cloves garlic**
- **1/4 cup pine nuts**
- **2/3 cup olive oil**
- **Salt & pepper to taste**
- **1/2 cup parmesan or Pecorino Romano cheese (if you are allergic to dairy products, just skip this ingredient)**

Instructions:

- **Wash and dry vegetables**
- **Place basil, garlic, and pine nuts in a food processor and pulse until chopped**
- **Stream the olive oil into the food processor until fully incorporated.**
- **Pulse in the salt, pepper and parmesan.**
- **Spiralize the zucchini.**
- **Heat the olive oil in a saute pan and add zucchini and saute until al dente.**
- **Toss with the pesto and serve.**