

Shaved Zucchini & Asparagus with Avocado Pesto

January 28th, 2022

This recipe serves: 4

Prep Time: 00:30

Cook Time: 00:15

This is an easy meal that uses fresh ingredients. Serve as a main dish, or as a side with grilled chicken.

Ingredients:

2 Medium Zucchini
1 Pound Asparagus, wooded ends removed
1 Cup(s) Basil
2 Cup(s) Kale
1 Garlic Clove
1 Lemon, juiced
1 Medium Avocado
1/4 Teaspoon Kosher Salt
1 Tablespoon Olive Oil
2 Tablespoon Walnuts, crushed

Directions:

Using a vegetable peeler, firmly press and peel the Zucchini into long wide ribbons. Rotate the Zucchini and stop peeling when you get to the seeds. Do the same for the Asparagus.

In a blender combine the Basil, Kale, Garlic, Lemon Juice, Avocado, and Salt.

Blend until smooth. Add a few tablespoons of water, as needed, to help the Pesto blend.

Heat Oil in a non-stick skillet over medium-high heat.

Add in the Zucchini and Asparagus.

Sauté for several minutes until veggies begin to brown.

Remove from heat, toss with the Pesto and serve immediately with crushed Walnuts on top.