

YIELD: 3 TO 4 PEOPLE

Avocado Pesto Zoodles

Avocado pesto zoodles with sun-dried tomatoes and pine nuts - an easy, healthy vegan dinner recipe

PREP TIME

15 minutes

COOK TIME

10 minutes

TOTAL TIME

25 minutes



Ingredients

- 1 tablespoon avocado oil, or olive oil
- 4 medium zucchini squash, spiralized
- 1/2 cup sun-dried tomatoes, drained and rinsed
- 3 cups loosely packed baby spinach
- 1/4 cup pine nuts, toasted

Avocado Pesto:

- 1 large ripe avocado, peeled and sliced
- 2 tablespoons lemon juice
- 1 teaspoon lemon zest
- 2 Tbsp Nutritional Yeast, optional
- 2 cloves garlic , minced
- 1 cup fresh basil, loosely packed
- 1/2 cup pine nuts
- 1/2 teaspoon sea salt, to taste

Instructions

Prepare the Avocado Pesto

1. Add the ingredients for the pesto to a food processor and process until creamy. Taste for flavor and add more lemon juice, garlic, and/or sea salt to taste

Make the Zoodles

1. Heat the avocado oil in a large skillet over medium heat. Add the spirallized zucchini noodles and sun-dried tomatoes. Cook, stirring occasionally for 2 minutes. Add the spinach, cover the skillet, and cook until wilted, about 2 minutes. Remove the cover and continue cooking until zucchini noodles reach desired doneness (I like mine al dente).
2. Add the avocado pesto to the skillet with the zoodles and stir well to combine. Serve zoodles with lemon wedges and toasted pine nuts.

Nutrition Information

Yield 3

Serving Size 1 of 3

Amount Per Serving

Calories 378

Total Fat 32g

Unsaturated Fat 0g

Carbohydrates 18g

Fiber 6g

Sugar 8g

Protein 10g

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CUISINE: American / **CATEGORY:** Main Course

<https://www.theroastedroot.net/avocado-pesto-zoodles-with-spinach-and-sun-dried-tomatoes/>

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