

# SHADY GROVE FARM AND WELLNESS CENTER

"WHERE GOOD THINGS GROW"

## *Zucchini Spaghetti with Arugula Pesto*

- 3 Zucchini (cut to resemble spaghetti)
- 1 ½ cup Arugula
- 1 ½ cups Basil Leaves
- ⅓ cup Walnuts
- 2 Garlic Cloves (smashed)
- ½ cup Grated Parmesan Cheese
- Olive Oil
- Salt
- Freshly Cracked Black Pepper
- Coarse Homemade Breadcrumbs (toasted to garnish)

### **Prepare Zucchini**

Using a mandolin with julienne blade or, cut Zucchini to resemble spaghetti. If mandolin is not available, shave Zucchini length wise in thin strips.

To remove excess moisture, lightly salt Zucchini and let sit in strainer while preparing pesto.

### **Pesto**

Place Arugula, Basil, Walnuts, Garlic and Cheese in a food processor and begin pulse. Slowly drizzle in Olive Oil and pulse until the mixture resembles a coarse paste. Season with Salt and Pepper to taste

### **Cook Zucchini**

Heat a large skillet over medium-high with a few tablespoons of Olive Oil. Add the Zucchini and toss to coat in Oil. Add a few tablespoons of Pesto and toss gently with Zucchini. Once the Zucchini begins to take on color, transfer to a platter and top with the toasted Breadcrumbs to taste. Serve warm