



Zucchini “Pappardelle” with Pesto

Traditionally pappardelle are large, broad, flat pasta noodles, similar to wide fettuccine. The name derives from the verb "pappare", to gobble up. In this recipe we are making the “pappardelle” with zucchini instead of flour and topping it with a dairy free pesto.

4 servings

For the pesto sauce:

2 cups well-paced basil (or arugula if you want something spicy)

½ cup olive oil

3 medium cloves of garlic

¼ cup pine nuts or walnuts

½ tsp Celtic sea salt

4 Tb nutritional yeast

- Add all the ingredients to a food processor adding only half the oil
- Process until well incorporated
- With the processor running slowly pour in the remaining oil
- If you need more liquid add in a little more olive oil 1 Tb at a time
- Store any left over in the refrigerator in an airtight container. Smooth out the top and drizzle enough olive oil to cover the pesto. It will keep about 4 days.

- You can store it in the freezer in a zip lock bag pressing out as much air as possible. It will stay about 3 months.

For the zucchini ribbons:

4-6 zucchini

2 Tb extra virgin olive oil

- Using a mandolin, work around the zucchini, making thin slices until you get down to the seeds and stop. With each slice, you've created one strip of pasta.
- Heat the olive oil on medium low in a sauté pan.
- Add the "pasta" and toss gently for 2-3 minutes until it is just tender. You may have to do this in batches. Don't overcrowd your pan.
- Stir in enough pesto sauce to just coat the noodles.
- Serve