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# Simply Seasonal

## Zucchini Noodles and Pesto

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## Zucchini Noodles & Pesto

### Ingredients

- \*6-8 medium zucchini
- 2 tsp olive oil
- \*3-4 medium yellow summer squash, medium dice
- \*6-8 cloves garlic, minced
- Salt & pepper to taste
- Crushed red pepper flakes, optional
- \*2 cups cooked black-eyed peas, chickpeas or white beans
- \*1/2 cup pesto
- \*Basil for garnish

\*can be sourced locally

### Directions

1. Use a spiralizer or vegetable peeler to turn the zucchini into noodles. Set in a colander over sink and sprinkle with a few dashes of salt. The salt will allow some water to escape while the squash is cooking.
2. In a large sauté pan, heat the olive oil over medium-high heat. Add summer squash and garlic and allow to cook for several minutes, until it becomes a bit golden and soft. Season with a few dashes salt, pepper, and red pepper flakes.
3. Stir in beans, zucchini noodles and pesto. Stir and heat just until it all comes together, 4-5 minutes.
4. Garnish with minced basil.