



COOKS ON MAIN

for the everyday chef

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Zoodles with Avocado Pesto and Tomatoes

Serves 2-4

This recipe transforms “zoodles” into a creamy pesto delight. The avocado addition to the pesto adds a smooth richness to the entire dish increasing the level of satisfaction found in each bite. Ripe tomatoes, salty cheese, zesty lemon, and fresh basil complete the dish. This is a perfect, easy weeknight dinner for a warm summer’s day!

Avocado Pesto Ingredients:

1 cup of basil
1/4 cup toasted pine nuts
2 cloves fresh garlic
Juice and zest of 1 small lemon
(about 2 tablespoons)
1 avocado
4 tablespoons olive oil, divided
1/4 teaspoon kosher salt
1/4 teaspoon pepper
1/4 cup grated parmesan cheese

Zoodle Ingredients:

1 tablespoon lemon olive oil
1/2 teaspoon crushed red pepper
2 zucchini, spiralized into thin zoodles
10 oz cherry tomatoes, halved
Parmesan cheese, shaved as garnish

Directions:

1. Make the pesto by combining the basil, pine nuts, garlic, lemon juice, avocado, and 4 tablespoons olive oil, salt, pepper, and parmesan cheese in a food processor and blend until smooth.
2. In a large sauté pan over medium-high heat, add one tablespoon of olive oil with the crushed red peppers. Add the spiralized zucchini zoodles and sauté until al dente, roughly 2-3 minutes.
3. Add the pesto to the zoodles and stir until combined. Toss the noodles with the lemon zest, cherry tomatoes, and parmesan. Enjoy immediately.