



RELISH HEALTH

Spiralized Summer Squash Spaghetti with Arugula Pesto

Eating greens may be the secret to our longevity. Pesto is a delicious way to incorporate a large amount of greens in a flavorful punch. Traditional pesto includes basil, pine nuts, garlic and Parmesan cheese, but this sauce is very adaptable and you can get creative. Use whatever greens are available and the cheese is not necessary for flavor or texture. This recipe includes peppery arugula for a bright contrast to the raw veggies.

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Makes approximately 1 cups sauce and 8 cups veggie noodles

Time: 30 minutes

Ingredients:

2 lbs of squash (zucchini and yellow squash)
1 cup arugula, washed and dried
1 cup basil leaves, washed and dried
1 clove garlic, peeled
¼ cup pine nuts, toasted
2 Tbsp fresh lemon juice
1 tsp miso (optional)
½ cup olive oil
¼ tsp salt
Pepper to taste

Directions:

1. Using a spiralizer or julienne peeler, prepare the squash into long thin strands. Place the squash in a towel lined bowl and set aside.
2. Place the arugula, basil and garlic in a food processor and run the machine until the greens are roughly chopped. Add in the nuts, salt, miso and lemon juice and process again.
3. With the machine running, add the oil until the mixture is creamy but not completely smooth. Season to taste with additional salt, lemon juice and/or miso.
4. Transfer the squash to a mixing bowl and toss with the pesto. Serve immediately.

** Both the squash and pesto can be prepared 1-2 days in advance and stored in an airtight container in the refrigerator. Mix just before serving.*

*** For extra color add 1 spiralized red bell pepper.*

Nutrients per 2 Tbsp sauce: Calories 148; Fat 16g; Carbohydrates 1.5g; Fiber 0.5g; Protein 1g

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