



Pesto Zoodles with Shredded Brussels Sprouts

6 Servings • 1 Serving = 1 Cup

INGREDIENTS

- 3 cups basil leaves, packed
- 2 Tablespoons pine nuts
- ¼ cup olive oil plus 1 Tablespoon, divided
- 1 clove garlic, minced
- ½ teaspoon salt
- ½ teaspoon black pepper
- 2 cups brussels sprouts
- 3 medium zucchini, spiralized

DIRECTIONS

1. Combine the basil, pine nuts, ¼ cup oil, and garlic in a food processor or blender. Blend until smooth.
2. Halve and thinly slice brussels sprouts into shreds.
3. Heat the remaining oil in a skillet over a medium heat.
4. When the oil is simmering, add the zoodles and brussels sprouts and season with salt and pepper.
5. Cover and cook for 3 to 5 minutes or until the zoodles are al dente.
6. Transfer to a large bowl, pour pesto on top, and toss to combine.

Nutrition Facts

6 servings per container	
Serving size	1 cup
Amount per serving	
Calories	60
	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 9g	3%
Dietary Fiber 3g	11%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mg	0%
Calcium 35mg	2%
Iron 1mg	6%
Potassium 233mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe developed by the San Antonio Food Bank



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