

Serves 2 • Serving size: about 1 cup



PREP: 15 minutes
COOK: 2 minutes

Spinach-Arugula Pesto ZOODLES

- 2 large zucchini, ends trimmed
- 1 garlic clove, peeled
- ¼ cup shelled, toasted sunflower seeds or slivered almonds
- 3 cups loosely packed fresh baby spinach
- 2 cups loosely packed arugula
- Zest and juice of half a lemon
- ½ cup grated Parmesan cheese
- ½ cup extra virgin olive oil
- ¼ cup water
- ⅛ tsp. coarse kosher salt

1. Using the julienne attachment for the Mandoline, run the zucchini across the blade to create long noodle-like strands.
2. Mince garlic and sunflower seeds using the Quick Chef® Pro System. Add spinach, arugula, lemon zest, lemon juice and Parmesan. Chop until finely minced while streaming in olive oil. Add coarse kosher salt and pepper to taste.
3. Place water and salt in the base of the Tupperware® SmartSteamer. Place zucchini strands in SmartSteamer base and microwave on high for 2 minutes. Remove from microwave.
4. In a large bowl, toss together pesto and vegetable noodles until well coated. Serve warm or cold.

Nutritional Information (per serving):

Calories: 420 Total Fat: 36g Saturated Fat: 7g Cholesterol: 15mg
Carbohydrate: 16g Sugar: 6g Fiber: 5g Protein: 13g Sodium: 420mg
Vitamin A: 60% Vitamin C: 90% Calcium: 35% Iron: 15%

TO DEMO



Mandoline

OPTIONAL



Measuring
Cups



Measuring
Spoons



Silicone
Spatula



Tupperware®
SmartSteamer



Quick Chef® Pro
System

