

RECIPE OF THE WEEK

FEATURING: *ZUCCHINI & TOMATOES!*

TAHINI PESTO PASTA SALAD

ADAPTED FROM THEFULLHELPING.COM

Serves: 4-6

Ingredients

For the tahini pesto:

6 Tbsp. tahini
1-2 cloves garlic (to taste)
1 1/2 cups basil leaves
1/2 cup parsley leaves
1/2 tsp. salt
A few turns freshly ground black pepper
Juice of 1 lemon
1 Tbsp. nutritional yeast (optional)
1/4 cup water

For the pasta salad:

16 oz. pasta of choice
1 1/2 cups cherry or grape tomatoes, halved or quartered
2 cups zucchini (or another chopped green vegetable of choice), halved lengthwise and cut into 1/4-inch thick slices
1 cup snap peas, chopped

Instructions

To prepare the pesto, add the tahini, garlic, basil, parsley, salt, pepper, lemon juice, and nutritional yeast (if using) to a food processor. Pulse 10-15 times, enough to break down the herbs and roughly combine everything. Turn the motor on and drizzle in the water. Aim for the texture of a thick sauce—so a little thicker than a tahini dressing. Keep processing until the sauce is pretty smooth (it's fine if some of the herbs are visible). Taste and adjust lemon, salt and pepper to taste.

To prepare the pasta salad, bring a large pot of salted water to boil. Cook pasta according to package instructions; about 3 minutes before the end of cooking, add the zucchini and snap peas to the pot.

Drain the pasta and veggies, then transfer them to a large mixing bowl and add the cherry tomatoes. Add the pesto and mix everything well to combine. Serve. Keeps 2 days.

Brought to you by
Paradise Produce,
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