



ZUCCHINI PASTA WITH BASIL PESTO

	Ingredients	Exchanges
Heavy Cream	60 gm	
Protein	9.4 gm parmesan cheese	2
	----- 12.8 gm pine nuts	----- 1.7 (-6.8 gm fat)
Fat	17.2 gm olive oil	6
Carbohydrate	21.9 gm zucchini, fresh, noodle cut	1
	----- 4.4 gm fresh basil	----- 0.3
Other	Dried oregano and basil, onion powder, garlic powder, salt, and pepper	

Recipe developed by Chef Paige Vondran

DIRECTIONS

- Weigh the ingredients using a gram scale.
- Combine the parmesan cheese, fresh basil, pine nuts, heavy cream, and olive oil in a small blender or food processor.
- Season the mixture with the listed dry seasonings.
- Blend the mixture until smooth and thick.
- Boil, steam, or sauté the pasta cut zucchini until tender.
- Toss the cooked zucchini pasta with the pesto in a separate bowl.
- Serve chilled or warm.

VARIATIONS

- This recipe should not be stored in the freezer.
- Any other oil can be used in place of the olive oil such as walnut oil, flaxseed oil, or avocado oil.
- Pine nuts can be substituted for any other nut or additional parmesan cheese.
- Zucchini pasta can be substituted for any other low carb pasta.
- Other carbohydrates that work well with this recipe are cucumber slices, cooked ramen noodles, tofu shirataki noodles, and spaghetti squash.