Oodles of Zoodles with Avocado Pistachio Pesto

Makes 6 Servings • 310 calories • 11 g fat • 12 g carbohydrates • 9 g protein

**INGREDIENTS**

**For the Pesto:**
1 ripe avocado
1 packed cup fresh basil
1 packed cup fresh cilantro
1 jalapeño, ribs and seeds removed
2 garlic cloves, peeled
Juice of 1 lime
1/4 cup olive oil
1 teaspoon salt, or to taste
1/4 cup pistachios

**For the Zoodles:**
4 zucchini, peeled
2 cups cherry tomatoes, halved
2 cups peeled, shredded carrots
1/4 medium red onion, peeled and thinly sliced

**PREPARATION**

1. **To make the Pesto:** In a blender or food processor, blend 1 cup water with all the pesto ingredients, except the pistachios, until incorporated. Add the pistachios and blend until mostly smooth. Taste and adjust seasoning if needed. Set aside.

2. **To make the Zoodles:** Use a grater, peeler, mandoline slicer, or spiralizer to turn the zucchini into zoodles. (I used a spiralizer to get the noodle A.K.A. noodle shape.)

   In a large bowl, mix the zoodles with the tomatoes, carrots, and red onion. Arrange the salad in bowls. Top with the pesto and serve.

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Chef Nia Thomas,
Age 10

“I am not a big fan of cooked zucchini, but when my sister made zucchini noodles one day with a tomato sauce, I loved it,” says Nia. “So, I started experimenting and came up with a very delicious pesto sauce by using lots of flavors that I love, like avocado, spinach, and pistachios. It turned out so delicious and when I made it for dinner for my family, they loved it. It is crunchy fresh, and the sauce is just awesome.”

Arizona