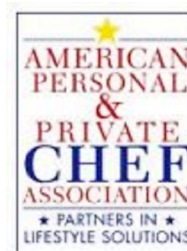




Red Zucchini Personal Chef Service



Recipe - View

Spiralized YellowSquash w/Basil and Mint Pesto

Spiralized YellowSquash w/Basil and Mint Pesto

Taste Rating	Difficulty Rating	Servings	Yield Amount	Yield Units
Not Set	Not Set	4		

Recipe Nutrition

Calories	0	Carbohydrate	0
Protein	0	Fiber	0
Fat	0	Saturated Fat	0

Ingredients

Amount	Units	Name	Preparation	Grocery Section
1	Pound (lb)	Yellow Squash	Spiralized into spaghetti strands	
1/4	Cup (cup)	Basil(fresh)	chopped	
1/4	Cup (cup)	Mint(Fresh)	chopped	
1/4	Cup (cup)	olive oil		
3	Tablespoon (tbsp)	walnuts		
1/4	Cup (cup)	Parmesan Cheese Fresh		
1/4	Cup (cup)	onion	chopped	
2	Tablespoon (tbsp)	olive oil		

Cooking Directions

Spiralize squash and set aside, heat 2 tbs olive oil in medium saucepan, saute onions until translucent, saute squash for 2 to 3 minutes.

In a blender, blend mint and basil until chopped, while still running, drizzle olive oil in while blender is still running until smooth, add walnuts and parmesan cheese and pulse until combined.

Special Consideration**Meal/Course**

Main Dish

Heating-Handling Direction (for client)**Notes (seasonal, wine suggestions, etc.)****Credit (Recipe Source)**