



Wonderful®
PISTACHIOS

Wonderful Pistachios Pesto with
Summer Squash "Pappardelle"

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Servings: 4

Ingredients:

For the pesto:

¼ cup **Wonderful Pistachios**

No Shells Roasted & Lightly Salted

1 clove garlic

1 ½ cups baby spinach

1 cup packed fresh basil

¼ cup extra virgin olive oil

¼ cup grated parmesan cheese

¼ teaspoon kosher salt

¼ teaspoon freshly cracked black pepper

For the "pasta":

2 medium zucchini

2 medium summer squash

1 tablespoon olive oil

¼ teaspoon kosher salt

¼ teaspoon freshly cracked black pepper

½ cup fresh basil, torn

¼ cup **Wonderful Pistachios**

No Shells Roasted & Lightly Salted,

roughly chopped

¼ cup crumbled goat cheese

1 tablespoon fresh lemon juice

Instructions:

1. To the bowl of a food processor, add the pistachios and garlic. Pulse a few times, then scrape down sides of the bowl and pulse a few more times, until chopped. Scrape down the sides again. Add the spinach and the basil and pulse until combined. Stream in the olive oil and process until smooth. Stir in the parmesan cheese. Season with salt and pepper.
2. Trim ends of squash and then thinly slice lengthwise into pappardelle-shaped "noodles." Use a mandolin, if available, to make this job easier!
3. Heat oil in a large skillet set over medium-high heat. Add squash "noodles" and cook, occasionally tossing gently with tongs, until hot, about 4 minutes. Remove from heat. Toss with the pesto and torn basil. Garnish with pistachios, goat cheese and lemon juice.

Note: 8 cups of raw "zoodles" can be used in place of making your own squash "pappardelle."

Nutrition information: 330 calories, 11g protein, 12g carbohydrates, 4g fiber, 29g fat, 6g saturated fat, 12mg cholesterol, 480mg sodium