



Lunch Recipe: Zoodles with Avocado & Herb Pesto

Ingredients

- 1 lemon (juiced)
- 3 zucchinis
- 1 avocado (ripe)
- ½ cup fresh parsley
- ½ cup fresh basil
- ½ cup fresh cilantro
- ½ tsp of Life is a Recipe® Garam Masala
- 1 clove of garlic
- ¼ cup sundried tomatoes (chopped, remove oil)
- Chili powder to taste
- Salt to taste
- Olive oil

Instructions

1. With a spiral slicer make noodles with the zucchini.
2. Sprinkle noodles with salt.
3. In a food processor, combine basil, cilantro, parsley, avocado, lemon juice, salt, Life is a Recipe™ Garam Masala, chili powder and garlic.

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4. Add 2 tablespoons of olive oil.
 5. Blend until mixture is smooth.
 6. In a skillet on medium heat, combine zoodles, pesto sauce and sundried tomatoes.
 7. Mix well.
 8. Sauté in olive oil for 2-3 minutes.
 9. Serve and enjoy.