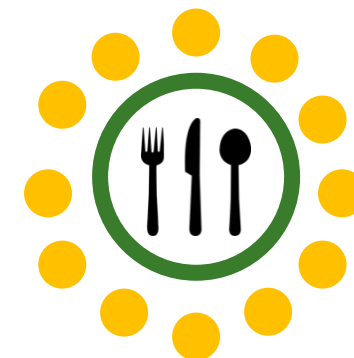


recipe of the week:

Spaghetti Pesto Sauce and Zucchini



ingredients:	directions:
4 medium zucchini chopped	1. Chop zucchini
12 oz. packaged whole-wheat spaghetti	2. Coat large nonstick pan with cooking spray & add zucchini over medium-high heat. Cook 10-12 minutes stirring frequently. Remove from heat.
1 bunch fresh basil	3. Bring large pot of water to boil & add spaghetti. Cook according to package directions.
1 tsp. minced garlic	4. Add 2 cups cooked zucchini, basil leaves, garlic, nuts, water, oil, parmesan, salt & pepper to food processor. Process about 1 minute.
2 Tbsp. walnuts or almonds	5. In a large bowl mix drained spaghetti & pesto sauce along with 1 -2 Tbsp. reserved pasta water.
2 Tbsp. water	6. Top with the rest of the zucchini.
1½ Tbsp. extra-virgin olive oil	
1½ Tbsp. parmesan cheese	
¼ tsp. salt	
⅛ tsp. ground black pepper	

Presented by:

