

Whole Wheat Spaghetti & Zucchini

with Pistachio-Spinach Pesto

Pesto, a sauce originally made in Genoa, has become a hallmark of Italian cuisine. Its herbaceous, savory flavor traditionally comes from a blend of basil, nuts, grated cheese and a little bit of lemon. In this recipe, we're taking this sauce up a notch, adding the toasty sweetness of pistachios and a peppery kick from fresh, aromatic mint.



Ingredients

- 4 Cloves Garlic
- 2 Ounces Baby Spinach
- 2 Zucchini
- 1 Bunch Basil
- 1 Bunch Mint
- 1 Lemon
- 1 Red Onion
- ¼ Cup Roasted Pistachios
- ½ Cup Grated Parmesan Cheese
- 10 Ounces Whole Wheat Spaghetti

Makes 2 Servings
About 580 Calories Per Serving

Instructions



Prepare the ingredients:

Wash and dry the fresh produce. Heat a large pot of salted water to boiling on high. Peel and mince the garlic. Slice the zucchini lengthwise into quarters then cut out and discard the seeds; cut the zucchini into thin matchsticks. Pick the basil and mint leaves off the stems; discard the stems. Using a peeler, remove the yellow rind of the lemon, avoiding the white pith; mince the peel to get 2 teaspoons of lemon zest. Cut the lemon into quarters and remove the seeds. Peel and thinly slice the onion.



Make the pesto sauce:

Very finely chop the **spinach, basil, mint, and pistachios**. Combine in a medium bowl. Stir in the **lemon zest** and **all but a pinch of the Parmesan cheese** (save the rest for garnish). Slowly whisk in enough **olive oil** to create a rough paste. Season with salt and pepper to taste.



Cook the vegetables:

In a large pan, heat 2 teaspoons of olive oil on medium until hot. Add the **onion** and **garlic** and season with salt and pepper. Cook 2 to 3 minutes, or until the onion has softened. Add the **zucchini** and season with salt and pepper. Cook 4 to 6 minutes, or until softened, stirring occasionally.



Cook the pasta:

While the vegetables cook, add the **spaghetti** to the boiling water. Cook 8 to 10 minutes, or until the pasta is al dente (still slightly firm to the bite). Remove from heat, drain thoroughly and set aside.



Combine the vegetables, pasta & pesto:

Add the **cooked pasta** and $\frac{1}{2}$ **cup of water** to the pan of vegetables. Continue cooking, still on medium, 2 to 3 minutes, or until well combined and warmed through. Remove from heat and stir in the **pesto** and **the juice of all 4 lemon wedges**; season with salt and pepper to taste.



Plate your dish:

To plate your dish, divide the **pasta** between 2 bowls. Garnish with the **remaining Parmesan cheese**. Enjoy!