



EAT YOUR BEST.
LESS SALT.
MORE PLANTS.



ZUCCHINI PASTA

SUNFLOWER SEED ROMESCO WITH TOMATO

MAKES 6 SERVINGS

INGREDIENTS

- 4 large red bell peppers
- 2 cloves garlic
- 3 tbsp unsalted sunflower seeds
- 1/2 cup grated parmesan
- 1 tbsp red wine vinegar
- 1 tsp paprika
- 5 tbsp olive oil, divided
- 1 1/2 cups cherry tomatoes
- 2 tbsp lemon juice
- 1 tsp kosher salt
- 1/2 tsp black pepper
- 6 medium zucchini

METHOD

1 Blacken the peppers over an open flame until they are charred all over. Immediately add them a bowl and cover tightly with plastic wrap to steam.

2 After 10 minutes remove the peppers from the bowl and rub off the burnt skins; remove the stem and seeds. Place the cleaned peppers in a food processor with the garlic, sunflower seeds, cheese, vinegar, paprika, and 1 tablespoon of olive oil.

3 Slice cherry tomatoes in half and set aside.

4 Wash zucchini and trim the ends. Grate the zucchini with a box grater (or use the grate fixture on a mandoline). Toss the zucchini with 4 tablespoons of olive oil, lemon juice, salt and pepper.

5 Spoon the romesco sauce onto your dish. Add the dressed zucchini noodles, and top with cherry tomatoes.

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NUTRITION FACTS: Calories 230 Total Fat 16g Sodium 460mg Fiber 5g Protein 7g