

**ZUCCHINI NOODLE PASTA WITH PESTO
& BAKED BANANA BOATS**

Chef Michelle A: Tuesday 4-6 Class #7



TODAY'S RECIPES

- Zucchini Noodle Pasta
- Homemade Pesto
- Baked Banana Boats

SKILLS LEARNED

- Knife skills
- Making measurements
- Using a spiralizer (*zucchini noodles*)
- Blending / Using a food processor (*pesto*)
- Sautéing (*zucchini noodle pasta*)
- Juicing (*lemons*)

EQUIPMENT

For Zucchini Noodle Pasta

- Spiralizer
- Non-stick sauté pan
- Tongs
- Cutting Board
- Knife

For Pesto

- Food processor
- Measuring cups/spoons
- Juicer

For Banana Boats

- Cutting board
- Knife
- Measuring cups/spoons
- Baking Tray
- Aluminum foil

ZUCCHINI NOODLE PASTA WITH (DAIRY & NUT FREE) PESTO

Serves 2-4

INGREDIENTS

For the Pesto (nut free & dairy free)

1 garlic clove
1/3 cup raw, unsalted pumpkin seeds or sunflower seeds (or combination of both)
1/4 cup nutritional yeast
1/2 teaspoon salt
2 cups packed basil leaves
1 tablespoon lemon
2/3 cup extra virgin olive oil

For the zucchini noodles:

4 medium zucchini
2 tablespoons olive oil
1/3 cup pesto (above), plus more for serving
2 cups cherry tomatoes, halved
Salt and pepper
Grated Parmesan, for serving

INSTRUCTIONS**For the pesto:**

- 1) Combine the garlic, seeds, nutritional yeast, salt, lemon juice, and basil in a food processor or high-speed blender. Pulse until coarsely chopped.
- 2) Stream in the olive oil, processing until fully incorporated and smooth. Taste for seasoning, adding additional salt and honey to taste.

For the zucchini noodle pasta:

- 1) Use a spiralizer to spiralize the zucchini into spaghetti-shaped noodles. If you don't have a spiralizer, you can still make this recipe! Just use a vegetable peeler to peel into thin ribbons.
- 2) Heat the olive oil in a large skillet over medium heat. Add the pesto and cook, stirring occasionally, just until the pesto is fragrant, about 30 seconds.
- 3) Add halved tomatoes and zucchini noodles and cook, stirring, until the noodles are coated with the pesto and slightly softened, about a minute.
- 4) Divide between serving bowls and top with more pesto and parmesan, if you want!

BAKED BANANA BOATS

Serves 4

INGREDIENTS

4 medium bananas, unpeeled
1/2 cup unsweetened crushed pineapple, drained
1/4 cup shredded coconut flakes
1/4 cup granola
1/4 cup chopped nuts or seeds
4 teaspoons miniature semisweet chocolate chips
Dash of cinnamon & honey

INSTRUCTIONS

- 1) Preheat oven to 350 F. Place whole banana on a piece of aluminum foil. Cut a slit in the bananas lengthwise, making sure you don't cut through the peel on the bottom.
- 2) Gently pull the sides apart and fill the inside of the banana with whatever fillings you choose!
- 3) Wrap the whole bananas individually in aluminum foil and place on a baking sheet. Bake for 10 minutes, or until the filling has melted. Let cool for a couple of minutes before enjoying.