

*GreenSpirit*



## **Fettuccini al Pesto**

### Pesto

4 cups basil leaves (stems removed), tightly packed  
¼ cup extra virgin olive oil  
¼ cup hemp oil  
4 cloves garlic, crushed  
2 teaspoons lemon juice  
1 teaspoon sea salt  
½ cup raw pine nuts

6 zucchini, peeled  
1 tomato, seeded and diced  
½ cup Pine Nut Parmesan (optional)

To make the pesto, place the basil, olive oil, garlic, lemon juice, and salt in a food processor fitted with the S blade and process until the basil is chopped. Add the pine nuts and process until smooth. Stored in a sealed container in the refrigerator, Pesto will keep for five days.

To make the fettuccini, use a vegetable peeler to peel the zucchini down to the core of seeds on all sides, forming long strips. Do not continue peeling once you reach the core of seeds. Toss the zucchini fettuccini with enough pesto to coat. Place a small pile of zucchini fettuccini on serving plate. Top with diced tomato and Pine Nut Parmesan, if desired.

Note: To serve warm, place the pesto in a glass jar in a dehydrator set at 115 degrees F for 30 minutes. Toss with the zucchini fettuccini.

Makes 6 servings

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