



# Zucchini Ribbons with Avocado Pesto

Prep: 15 minutes | Cook: 4 minutes | Total: 24 minutes

Yield: 2 servings | Serving Size: 1 cup

## Ingredients

For Pesto:

- 2 avocados, peeled and seeded
- 1/2 cup walnuts
- 2 Tablespoons lemon juice
- 2 garlic cloves
- 3 Tablespoons dried basil
- 2 Tablespoons olive oil

For Zucchini Pasta:

- 2 teaspoons olive oil
- 3 zucchini, cut into ribbons
- 1/2 cup chopped tomatoes

## Directions

1. To make pesto, add avocado, walnuts, lemon juice, garlic, and basil to a food processor. While processing, slowly add olive oil until a thick sauce is made.
2. Heat skillet to medium/high heat and add 2 teaspoons of olive oil.
3. Add Zucchini and tomatoes and cook until lightly wilted, 2-4 minutes.
4. Toss zucchini ribbons with 2 Tablespoons of pesto sauce and serve.

## Recipe Notes

- Avocado pesto is loaded with flavor and provides heart healthy fats from avocados, walnuts, and olive oil.
- Pesto is so versatile and can be used as a marinade for meats, a dip when added to plain Greek yogurt, a base seasoning added to cooked vegetables, or a salad dressing mixed with oil and vinegar. To store pesto, place in air tight container and refrigerate up to 1 week.

**Nutrition Facts Per Serving:** Calories: 250 | Total Fat: 17 g | Saturated Fat: 2 g  
Sodium: 28 mg | Total Carbohydrate: 22 g | Dietary Fiber: 7 g | Protein: 7 g

Submitted by Meg Green MS, RD, CSP, LD  
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# Pesto Veggie Wrap

Prep: 10 minutes | Total: 10 minutes

Yield: 6 servings | Serving Size: 1/2 wrap

## Ingredients

3 large flour tortillas  
3/4 cup light cream cheese  
3 Tablespoons Avocado Pesto  
1/2 cup sliced red onion  
1 bunch fresh spinach, stems removed  
1 avocado, pitted, peeled, sliced thin

## Directions

1. Mix cream cheese and pesto together in a small bowl, then spread evenly over each tortilla.
2. Add red onion, spinach, and avocado slices topping cream cheese.
3. Starting at the opposite side, tightly roll the tortilla, ending with seam facing down.
4. With a sharp knife cut in half and serve.

## Recipe Notes

- Spinach is a superfood full of Vitamins A, B2, C, and K plus minerals such as magnesium, iron, and manganese. This dark green leafy vegetable plays a role in many health benefits including management of blood pressure.
- Avocados are a great source of fiber, potassium and monounsaturated fat, which reduces risk of heart disease.

**Nutrition Facts Per Serving:** Calories: 236 | Total Fat: 20 g | Saturated Fat: 2 g  
Sodium: 148 mg | Total Carbohydrate: 10 g | Dietary Fiber: 4 g | Protein: 4 g

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