

# Vegetable Ribbons with Pesto

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| ½ cup fresh<br><b>basil leaves</b>                     | ¼ tsp each <b>salt</b><br>and <b>pepper</b>        |
| 1 <b>clove garlic</b> ,<br>chopped                     | 2 <b>zucchini</b> s                                |
| 3 tbsp<br><b>Parmesan</b><br><b>cheese</b> ,<br>grated | 2 medium<br><b>carrots</b>                         |
| 3 tbsp extra<br>virgin <b>olive</b><br><b>oil</b>      | ½ cup <b>cherry</b><br><b>tomatoes</b> ,<br>halved |
|  | Handful of<br><b>arugula</b>                       |
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To prepare pesto, blend basil, garlic, Parmesan, oil, salt and pepper in a blender until creamy. To create ribbons, use vegetable peeler lengthwise on zucchinis and carrots. Put vegetables in serving bowl. Top with 4 tbsp pesto (or more to taste) and stir to combine. Garnish with tomatoes and arugula. Store leftover pesto in refrigerator for up to 3 days.



**Makes 6 servings. Each:**

101 calories ❖ 2g protein ❖ 8g total fat  
❖ 2mg chol ❖ 7g carb ❖ 3g sugar ❖  
2g fiber ❖ 161mg sodium