

Zucchini Noodles with Avocado Pesto

This refreshing and healthy lunch features spiralized zucchini tossed in a creamy avocado pesto. It's sugar-free, flour-free, and packed with nutrients, making it a perfect light meal.


15 min

Total time

easy

Difficulty

350

kcal / serving

Ingredients

- 1 medium zucchini
- 1 ripe avocado
- 1 cup fresh basil leaves
- 1 clove garlic
- 1 tablespoon lemon juice
- Salt and pepper to taste
- 1 tablespoon olive oil

Steps

- 1 Spiralize the zucchini using a spiralizer or a vegetable peeler to create noodles.
- 2 In a blender or food processor, combine the avocado, basil, garlic, lemon juice, salt, pepper, and olive oil. Blend until smooth.
- 3 In a large bowl, toss the zucchini noodles with the avocado pesto until well coated.
- 4 Serve immediately, garnished with extra basil leaves if desired.