



Zucchini with Pesto

¾ cup	Fresh Basil Leaves, tightly packed
¼ cup	Parmesan Cheese, grated
1 Tbsp	Pine Nuts
1/8 tsp	Pepper
2 cloves	Garlic, cut in half
1 Tbsp	Water
1 Tbsp	Olive Oil
As needed	Vegetable Cooking Spray
4 small	Zucchini, cut into very thin strips (about ¾ pound)
2 tsp	Pine Nuts, toasted
Optional	Fresh Basil Sprigs

Wash basil leaves thoroughly in lukewarm water, and drain well.

Position knife blade in food processor bowl; add basil, Parmesan cheese, and next 3 ingredients. Process until smooth. Combine water and oil; with processor running, pour oil mixture through food chute in a slow steady stream until combined. Set aside.

Coat a nonstick skillet with cooking spray; place over medium heat until hot. Add zucchini; sauté until crisp-tender. Add basil mixture; toss well. Transfer to a serving dish. Sprinkle with pine nuts. Garnish with basil sprigs, if desired.

Yield: 6 servings

Nutrient Analysis: 79 Calories, 3.2 grams Protein, 6.0 grams fat, 5.7 grams Carbohydrate, 1.3 grams Fiber, 68 mg Sodium