

"Farm Fresh Recipes"



SMB Colorado Master GardenersSM and The Norwood Farm and Craft Market

Mediterranean Pasta Salad (Zucchini Spaghetti)

serves 4

Ingredients

- 4 large zucchini (skins still soft enough to pierce with fingernail)
- 1/3 C sun dried tomatoes (preferably not packed in oil)
- ½ C fresh basil leaves
- 1 T apple cider vinegar
- 4 T extra virgin olive oil
- 1 T fresh thyme
- Salt and pepper to taste

Directions

1. Cut the ends off the zucchinis. Using a mandolin, slice each zucchini into long, thin planks. With a knife, cut the planks into very thin strips the size of spaghetti. Alternatively, you can but a julienne vegetable peeler and go to town.
2. Combine sun-dried tomatoes, basil, vinegar, olive oil, thyme, salt and pepper in a food processor. Buzz until smooth
3. Pour the sun-dried tomato sauce over the zucchini 'noodles'. Toss to combine.

From Primal Cravings: Your Favorite Foods Made Paleo.
Megan McCullogh Keatley and Brandon Keatley. 2013. Primal
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