

Garlicky Zucchini “Noodles” with Lemon Basil Sauce

4 T extra virgin olive oil, divided
1 cup fresh basil leaves, loosely packed
1 tsp lemon zest
2 T freshly squeezed lemon juice
2 T toasted almonds
1/2 tsp sea salt, divided
3-4 cloves garlic, minced
4 small zucchini, spiralized (about 5 cups)
1 cup cherry tomatoes, quartered
1/4 tsp freshly ground black pepper
1/4 cup Parmesan cheese, shredded

In a food processor, combine 3 tablespoons extra virgin olive oil, basil, lemon zest, lemon juice, almonds, and 1/4 teaspoon sea salt. Blend until smooth and set aside.

In a large sauté pan, heat remaining 1 tablespoon oil over medium heat. Add garlic and sauté until garlic is soft and fragrant, about 1 minute. Add zucchini and sauté for 2-3 minutes, stirring occasionally.

Add lemon basil sauce and tomatoes. Stir in salt and pepper. Remove from heat. Garnish with Parmesan cheese and serve.

Recipe by Garden Chef Ashley R. Van Cise, RDN, LD



ATLANTA BOTANICAL GARDEN