

# Squash Pasta

## with SAGE PESTO

**I GF R SF Q**

Serves 6

### SAGE PESTO

2 cups chopped basil  
3 tablespoons chopped sage  
2 tablespoons chopped leek  
½ cup pine nuts  
2 cloves garlic  
2½ tablespoons nutritional yeast  
½ teaspoon sea salt  
½ cup olive oil

### SQUASH PASTA

3 green zucchini, sliced into noodles (see sidebar on page 182)  
1 yellow zucchini, sliced into noodles (see sidebar on page 182)  
½ cup sunflower sprouts (other options: buckwheat sprouts or pea shoots)  
½ cup thinly julienned red bell pepper

This creamy, perky pesto coats your veggie noodles in a soulful sage sauce that won't sit like a brick in your belly after you leave the table. Zucchini is not only tasty, it's also a good source of potassium—a mineral that promotes proper muscle growth. If you're making a 100 percent raw meal, serve this dish with Tomatoes and Herbs (page 165). Alternatively, you could use kelp noodles or gluten-free penne pasta.

- 1** *Prepare Sage Pesto:* Remove stems from basil and sage.
- 2** In food processor, gently pulse basil, sage, leek, pine nuts, garlic, nutritional yeast, and salt until finely minced. Add the oil slowly and in a thin, even stream, pulsing until sauce has reached a coarse consistency.
- 3** *Prepare Squash Pasta:* In large bowl, combine green and yellow zucchini noodles with sprouts and bell pepper.
- 4** In small bowl, whisk together ½ cup of the Sage Pesto, olive oil, red pepper flakes, and black pepper.



1 tablespoon olive oil  
Red pepper flakes, to taste  
Freshly ground black pepper,  
to taste

#### **GARNISH (OPTIONAL)**

Basil, ripped or chopped  
coarsely

Truffled Parmesan (page 233)

**5** *Serve:* Slowly spoon the pesto onto the noodles, mix together gently with hands, and serve. If you prefer it lightly sauced, don't add all the pesto to the mixture. Garnish with fresh basil and/or the Truffled Parmesan, if desired.

*tip* **PESTO POPS** Freeze pesto sauce in ice cube trays and you'll be mere minutes from a marvelous meal anytime! Pop out the cubes and store them in ziplock bags. Whenever a recipe calls for pesto, pull the cubes out and add to your dish. If the dish is cold, you'll need to defrost the pesto pops before use.

### **EASY HOMEMADE RAW VEGGIE PASTA**

Once you have the right tools, making raw pasta is simple.

*For a thicker, fettuccine-style noodle:* Using a mandoline, slice the zucchini paper-thin, lengthwise. Stack the slices, and cut into 1/8-inch-wide "noodles."

*For a thinner, spaghetti-style noodle:* Use a spiral slicer or spiralizer to make zucchini and butternut-squash pastas in a snap. Both tools are inexpensive.

*For quick, rough-cut noodles:* Peel the veggies in long strips using a peeler. This is excellent for zucchini, rutabaga, carrots, or asparagus. There are also peelers available designed specifically for thin julienne.

*For lasagna noodles:* Using a mandoline, slice zucchini into thin rounds, or thin, long strips lengthwise.