

Zoodles and Roasted Veggies with Pesto

- 3 zucchini, [cut into noodle shapes](#), making zoodles
- 1 bunch asparagus
- 1 container mushrooms
- 12 mini peppers
- 1 T olive oil
- 1/4 t sea salt

Preheat oven to 420F.

Lightly brush asparagus, mushrooms and peppers with olive oil and sea salt, then roast them for 20 minutes, turning them once at half-time. Cut the asparagus in half, then slice the lower half into one-inch lengths.

Pesto

- 1/2 c sun-dried tomatoes or black olives
- 2 c parsley, coriander, basil or a combination of green herbs
- 1/3 c hemp seeds
- 2 garlic cloves
- 1 lemon, zest and juice
- 1/4 c olive oil
- 1 c pine nuts or walnuts
- 1/2 t sea salt

Combine pesto ingredients and blend until smooth.

Preheat the oven to 420F.

In a casserole dish, dress the zoodles with half to three-quarters of the pesto. Roast for 15 minutes, then serve hot, garnished with roasted vegetables. Serves 4, with extra pesto left over.

Jittery Cook