

Zucchini, Pine Nut and Chevre Salad with Lentil Pesto

Ingredients—Salad

4 small zucchini, ends trimmed
2 lemons
3 tablespoons extra-virgin olive oil
5.5 oz soft goat cheese, crumbled
1/2 cup pine nuts, toasted
1/2 cup pumpkin seeds, toasted
Handful of flat-leaf parsley leaves
Handful of mint leaves
Sea salt and black pepper

Ingredients—Lentil Pesto

1 1/4 cup cooked red lentils, drained
3 tablespoons extra-virgin olive oil
1 teaspoon asafoetida
Juice of 1/2 lemon, plus extra if necessary
1 tablespoon sunflower seeds, toasted
1 tablespoon any fresh herb (basil, flat-leaf parsley, sage, dill, cilantro)
Sea salt and black pepper

Makes 4 to 6 servings
Culinary Medicine, Nutrition Services



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