

Zucchini, Seed & Chevre Salad with Lentil Pesto

Culinary Medicine, Nutrition Services

Serves: 4, Serving Size: 1 cup

Equipment: cutting board, knife, peeler, prep bowls, small pot, strainer, blender or food processor

Ingredients

1 cup red lentils	1/2 cup pine nuts, toasted
4 small zucchini, shaved into ribbons	1/2 cup sunflower seeds, toasted
2 lemons, juiced	1/4 teaspoons black cumin (Nigella) seeds
1/4 cup extra-virgin olive oil	To taste, Sea salt and black pepper
1 cup fresh parsley and mint, chopped	1 tablespoon sesame seeds, toasted
5.5 ounces soft goat cheese	

Instructions

1. In a medium sauce pot add 1 cup of red lentils and 3 cups water. Bring to a boil. Once at a boil cover, reduce heat to low, cook for 15-20 minutes. Drain before use. Set aside.
2. In a bowl, add zucchini ribbons, 1/2 of the lemon juice, 1/2 of the olive oil, 3/4 of the herbs, crumbled goat cheese, pine nuts, sesame seeds, black cumin seeds, and a pinch of salt and pepper. Toss to mix. Set aside.
3. In a blender or food processor, add cooked lentils, remaining 1/2 of the lemon juice, 1/2 of the olive oil, 1/4 of the herbs, sesame seeds, and a pinch of salt and pepper. Blend until smooth.
4. Spread the lentil pesto onto a plate. Top with zucchini salad.



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Why We Like This Recipe

Summer squash like zucchini are in abundance in July, August, and September and we're always looking for new recipes to use them up. This one is a favorite.

Chef's Notes:

- 1 cup of dry lentils makes about 2 1/2 cups of cooked lentils.
- If you don't have a mandolin, using a vegetable peeler is a great way to get thin, even strips of the squash. Using thin strips instead of chopping allows the squash to absorb more of the flavor of the other ingredients.

Nutrition Notes:

- Zucchini is a great vegetable to sneak into breads or muffins for picky eaters due to their high-water content and subtle taste.

Gardener's Notes:

- *Cucurbita pepo* (Zucchini) is a bountiful variety of summer squash known for edible fruit and flowers. Plants are typically bushy and leaves are covered with small prickly trichomes (plant hairs).



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