




Zucchini noodles with a roasted red pepper sauce make a fresh, delicious, and nutritious meal.

Zucchini Noodles

SERVE WITH A TASTY AND VERSATILE CREAMY ROASTED RED PEPPER SAUCE

GARDENS AND FARMERS MARKETS are teaming with zucchini and peppers. This dish incorporates both for a quick, fresh, flavor packed meal. The red peppers blend with garlic and both almond and cashew milk to create a tasty, rich sauce. It should be on EVERYTHING: zucchini, yellow squash, pasta, whole wheat pasta, gluten-free pasta, or just dip hot crusty bread in it.

This creamy, roasted red pepper sauce with spirals of zucchini noodles is a super nutritious dinner option. Don't get too excited, there's no real pasta involved here. You won't miss it, though. This sauce, with a mix of almond milk and cashew milk, is so unbelievably creamy it makes you feel like you are indulging in a splurge of calories but you're not. The added benefit is you are filling your family with great nutrients. If you make this as is, the recipe is vegan, but if you add cheese, it is vegetarian. If you want to add a bit of protein it would be delicious with grilled shrimp, chicken, or even grilled skirt steak. Make it your own and enjoy. 



You can make zucchini noodles with a spiralizer gadget, or by hand. Some stores sell fresh zucchini noodles.

Zucchini Noodles + Creamy Roasted Red Pepper Sauce

INGREDIENTS:

- 3 red bell peppers
- 1/2 cup almond milk
- 1/2 cup cashew milk
- 1 tablespoon olive oil
- 1 teaspoon salt
- 1 clove garlic
- 1/4 cup tahini or almond butter for thickening

FOR THE ZUCCHINI NOODLES:

- 1 tablespoon olive oil
- 1 small shallot chopped fine
- 4 zucchini, ends cut off and spiralized or cut into 'noodles'
- salt to taste (after it is finished cooking)



METHOD:

ROAST THE PEPPERS: Place the bell peppers on a foil lined baking sheet. Turn on the broiler and roast the peppers on the top level, close to the heating element. When black spots appear, turn the peppers and continue to roast until all sides have been blackened. Let cool and pull off blackened skins and remove ribs, seeds, and stem. To fire-roast the peppers, see Pro Tip.

MAKE THE SAUCE: Add the three roasted bell peppers to a blender with the rest of the sauce ingredients and blend until smooth.

ZUCCHINI NOODLES: Heat a large skillet over medium high heat. When the skillet is hot, add the olive oil and onion; sauté for a minute or two until the onion is softened, but not browned.

Add the zucchini noodles to the hot skillet. Sauté using tongs to toss the noodles. Just as the zucchini noodles begin to soften, but before they start shedding water, add the sauce and cook just until the sauce is heated. When in doubt, undercook these! It's best a little crunchy.

SERVE: Adjust the salt to your taste, and serve immediately with any toppings you might like, such as parsley, Parmesan, goat cheese, flavored oil. I serve it with goat cheese that I rolled in chopped parsley.

Culinary Tips:

Did you know that salting some vegetables while cooking will release water creating a soggy mess? Resist the urge to salt the zucchini noodles as you cook. Add salt to taste once it is plated.

Toss the zucchini noodles lightly with pasta tongs and cook for for 3-5 minutes or until al dente. Don't let the noodles cook for longer or else they'll wilt and look lifeless. Embrace the crunch!

Pro Tip:

You can easily fire-roast red peppers over hot BBQ coals or right on top of a gas stove. Simply turn the gas burner on high, set the pepper on the stove top. Turn using tongs as the skin starts to char. This process brings out deep, intensely rich flavors and sweetness with an almost velvety texture. To make peeling easier, place the charred peppers into a paper lunch bag. Close the bag to allow the peppers to steam for about 10 minutes. This will loosen the skin.



PHOTO: LINDA M. BARRETT PHOTOGRAPHY

Sally Roeckell is a professional culinary photographer, food stylist, and content creator. Find Sally's work, recipes, and blog at tableanddish.com. Follow her Instagram page @tableanddish. Sally also owns Sage and Jam Grazing which serves up beautiful custom charcuterie. Visit sageandjamgrazing.com.



You can make roasted red peppers in an oven or over a hot grill.