



# Creamy Kale & Zucchini Pasta

Serves: 2 Active Time: 20 minutes Total Time: 25 minutes

## Zucchini Pasta

2-4 zucchini squash (4 cups)

For best zucchini pasta, a spiralizer machine works well. Alternatively, use julienne peeler, simply cut strips of zucchini using a mandolin on the thinnest setting, or slice strips lengthwise with a vegetable peeler.

Then stack the zucchini ribbons on top of one another and cut into Julienne strips, resembling spaghetti noodles. Set aside.

## Sauce

Ingredients:

- 2 Tbsps tahini
- 2 tsp miso
- 1 tsp Bragg Liquid Aminos
- 1 tbsp fresh lemon

Direction:

- To prepare the sauce, mic together the tahini, miso, Bragg's and lemon juice

## Kale

Ingredients:

- 1 bunch kale, approximately 4 cups (tear into bite-size)
- 1 onion, diced
- 2 cloves garlic, minced
- Sea salt, to taste

Direction:

- Heat a large fry pan over medium-low heat and steam fry onions. This just means to add a tablespoon or so of water and then cover with a lid. Alternatively, you can use oil to fry the onions. Once onions are soft and browed, add the garlic, followed by the kale. Cover with a lid and let cook for 2 or 3 minutes, or until the kale just starts to wilt. Remove the lid and add the zucchini noodles and sauce. Then turn off the heat and cover again for one minute. Toss, taste for seasoning and serve immediately.

