




LEMON PESTO ZOODLE BY GREEN GARDEN BAKERY YOUTH

INSPIRED BY A MUFFIN.

Green Garden Bakery's (GGB) popular lemon zucchini muffin is the inspiration for this salad that youth **Elicia, Johnny and D'Loveantae** created. They call it a "salad of hope," because of the different ways GGB gives hope to the community through their food distribution and product sales "We want people to know we continue to work amidst the calamity of 2020 and 2021," says D'Loveantae. **Chef Coach Nettie** agrees, "their recipe tells the story of these young people, and that story includes a lot of love behind it."



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LEMON PESTO ZOODLE

WITH LEMON PESTO DRESSING



RECIPE BY GREEN GARDEN BAKERY YOUTH
CHEF COACH: NETTIE COLÓN,
RED HEN GASTROLAB

Makes 8 (1-cup) servings

SALAD INGREDIENTS

4 oz. uncooked udon noodles
1 medium yellow bell pepper, julienned
1 cup spiralized or long thin strips zucchini
1 cup yellow cherry tomatoes, halved
1 cup peeled and chopped kohlrabi
1 cup chopped kale (stems removed)
½ cup chopped onion
½ cup chopped broccoli florets

8 cups mixed salad greens

DIRECTIONS

1. Cook noodles according to package instructions. Drain; rinse with cool water.
2. Meanwhile, in a large mixing bowl add remaining salad ingredients, except salad greens.
3. To make the dressing, process lemon juice, mustard, sugar and lemon peel in blender until smooth. Slowly add oil to blender with motor running. Add spinach leaves and process until smooth and creamy. Season with salt to taste.
4. Stir half the dressing into the salad mixture; toss to coat well. Arrange salad greens on plates. Spoon salad mixture on top; drizzle with remaining dressing. Garnish salads with beets and pepitas.

Adding seasoned chicken: Heat oven to 350°F. Rub 4 boneless, skinless chicken breasts with 2 Tbsp. canola oil, 1 Tbsp. smoked paprika and 1 ½ tsp. Cajun seasoning. Sear chicken in ovenproof skillet just until both sides are golden. Place pan in oven; bake 15 to 20 minutes or until no longer pink in center. Let cool, chop and add to salad mix.

DRESSING INGREDIENTS

½ cup fresh lemon juice
2 tsp. Dijon mustard
1 Tbsp. sugar
1 Tbsp. chopped shallot
½ tsp. grated lemon peel
¾ cup light olive oil
1 cup fresh spinach leaves
¼ tsp salt or to taste

TOPPERS

Raw red or golden beet matchsticks
½ cup roasted and salted pepitas

