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ZUCCHINI PASTA AND TOMATOES WITH BASIL PESTO

WHAT YOU WILL NEED:

- 4 green zucchini
- 1 box grape tomatoes
- 2 cups packed fresh basil leaves
- 1/4 cup grated Parmesan cheese
- 1/4 cup pine nuts
- 3 cloves garlic
- 2/3 cup extra-virgin light olive oil
- Kosher salt to taste

*you will need an Asian spiral slicer to prepare this recipe

- 1) String zucchini into spaghetti-like strands using an Asian spiralslicer. If you do not have access to one, you can use spaghetti squash instead of stringing green zucchini.
- 2) Wash tomatoes and cut in half lengthwise
- 3) Mix remaining ingredients in food processor or blender until they have emulsified and formed a smooth consistency

4) Toss tomatoes in basil pesto, and serve over zucchini pasta

About Franci Cohen: [https://www.facebook.com/FranciCohenFitness**](https://www.facebook.com/**FranciCohenFitness**)**

Franci Cohen is a personal trainer, certified nutritionist, exercise physiologist and creator of SPIDERBANDS®, a total-body cardio resistance workout that leverages gravity and your bodyweight with other intense exercise modules such as rebounding, kickboxing and indoor cycling. With over 18 years of experience, Franci has been a mainstay in the fitness and nutrition industries. Franci believes in a tough love approach to fitness and health. “We all have our fitness wake-up call at some point in our lives and it can be a powerful catalyst for change,” says Franci.

Franci devotes much of her time to Fuel Fitness, a specialty fitness center in Brooklyn, NY and continues to teach group fitness classes, train clients and broaden her perspective in all areas of fitness, nutrition and wellness. She designs unique fitness modules and group exercise programs for her clients utilizing the most effective and popular products, tools and exercise equipment available. “Exercise is one of the most important things you can do for your health, but sometimes it’s hard to just get motivated. My goal is to keep it fun and interesting by creating out-of-the-box programs that wow my clients with both the innovative nature of the classes, as well as with the rapid results they see in their bodies! My classes are the ultimate playground where fitness meets fun, and nothing is off limits!”