



## **Kale Pesto Zoodles with Blenditarian Ham Meatballs**

*A Tuscan touch for zucchini noodles and mini meatballs*

**Pick Leafy Dark Greens - Plant-based forms of Vitamin A  
Lower Risk of Long-Term Eye Diseases**

### **Kale Pesto**

4 cups packed kale leaves, remove stems  
1 Tablespoon dried basil  
2 garlic cloves, chopped  
4 Tablespoons olive oil, divided  
2 Tablespoons freshly grated Parmesan cheese  
2 to 3 Tablespoons chopped walnuts  
1/2 teaspoon salt or to taste  
2 Tablespoons water

**Prepare Pesto:** Place kale, basil, garlic, and 2 Tablespoons oil in food processor. Process until all ingredients are combined and kale is fine chopped. Add 2 more Tablespoons olive oil, Parmesan cheese, walnuts,

and salt. Process until all ingredients are finely chopped and form a thick dressing. Add water to make a thinner pesto. Can be made ahead.

### **Spicy Italian Ham Meatballs:**

3 Tablespoon olive oil, divided  
1 cup chopped onion  
1 (8 oz.) package mushrooms, cleaned, sliced, chopped  
5-1/4 ounces cooked trimmed ham  
1/4 teaspoon garlic powder  
1/8 teaspoon crushed red pepper  
1/4 teaspoon fennel seeds  
1/2 teaspoon dried basil  
1/4 teaspoon oregano  
1/4 teaspoon salt or to taste  
1 large egg  
1/4 cup panko bread crumbs

Place oil in hot skillet; brown chopped onions about 5 minutes; remove from heat; place 1/4 cup into food processor; set remainder aside.

Place 1/2 Tablespoon oil in hot skillet, sauté mushrooms until tender, about 5 minutes. Place 1/2 cup mushrooms into food processor; set remainder aside with cooked onions.

Place coarse chopped ham in food processor; process to chop; add remaining herbs, spices, and egg. Process until ground meat consistency. Stir in bread crumbs to thicken meat mixture.

Using about 2 Tablespoons meat mixture for each meatball, form into 8 to 10 ball shapes; if desired lightly flatten into small patties; place meatballs or patties on piece of waxed paper.

Heat 2 Tablespoons oil in hot skillet; cook meatballs or small patties about 6 to 8 minutes, browning all sides over medium to medium high heat. Set aside to stay warm.

### **Adding Vegetable Zoodles:**

1/4 cup diced roasted red peppers  
1 Tablespoon olive oil  
2 medium zucchini, cut into noodle shapes (zoodles) with spiralizer

Serve with: Grated Parmesan cheese or Nutritional Yeast as desired

Add the roasted red peppers to the reserved onion mushroom mixture; set aside.

Place 1 Tablespoon olive oil in large hot skillet over medium high heat. Add the zucchini noodles; cook and toss about 2 to 3 minutes, just until they begin to become tender. Add pesto; toss with zucchini noodles; cook for 1 more minute to heat all ingredients; toss with reserved onions, mushrooms, and peppers; Add warm ham meatballs or patties. Garnish with a sprinkle of grated Parmesan or Nutritional Yeast as desired. Serve warm. Yield: 2 medium or 4 small servings.

**About the Recipe:** Leftover ham receives a healthy flavor punch using fresh mushrooms, onions, and roasted red peppers. Add spiralized zucchini; toss with kale pesto and top with mini ham mushroom meatballs. Everyone will love the zoodles as noodles.

**What is Nutritional Yeast?** It is a deactivated yeast, which is sold commercially as a food product in the form of flakes or as a yellow powder. It is popular with vegans and vegetarians and may be used as an ingredient in recipes or as a condiment. It is a significant source of some B complex vitamins and contains trace amounts of several other vitamins and minerals. Sometimes nutritional yeast is fortified with vitamin B12. For More Information See: [https://en.wikipedia.org/wiki/Nutritional\\_yeast](https://en.wikipedia.org/wiki/Nutritional_yeast)