High Carb Hannah

LAYERED PESTO BOWL (Hannah Janish)







Pesto

- 1 zucchini, chopped
- 1/2 cup walnuts or pine nuts
- 2 cups basil
- 2 cups spinach (optional)
- 1/2 lemon, juiced
- 2 tbsp nutritional yeast
- 3 cloves garlic
- 1 can chickpeas + 1-2 tbsp aquafaba (liquid from can of chickpeas)

Bowl

- Cooked quinoa or rice
- Roasted potatoes
- Raw or steamed veggies
- Lentils or beans
- Baked Tofu

Instructions

- Wash and prep your veggies. Cut the zucchini into small pieces so it's easier to blend.

- In your food processor, add in all of the pesto ingredients and blend until smooth. Add a small amount of the aquafaba and adjust to your preferred consistency. You can also use soy milk or water instead. I like my pesto to be a bit on the thicker side.

- Place the pesto on the bottom of a large bowl. Add any toppings you like. These can be made in advance for workweek lunches and are great for meal prep. I like to use quinoa, tomatoes, cucumber, and onion as my veggies because they stay fresh when stored for a few days; but feel free to get creative and switch it up. I also love adding tofu, chickpeas, and roasted broccoli to these bowls. Try this with different sauces as well.

High Carb Hannah (Hannah Janish) struggled with her weight her whole life until she discovered Dr. McDougall's *Starch Solution* and adopted it as her way of eating. Hannah's recipes are always whole-food plant-based and don't call for oil or heavily processed ingredients.

HIGH CARB HANNAH