

Chickpea & Walnut Pesto Pasta

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12

Ingredients	Quantity	Measure
Green chickpeas, fresh	2	cups
Baby arugula, loosely packed	2	cups
Walnuts	½	cup
Nutritional yeast	½	cup
Garlic	1	clove
Olive oil	¼	cup
Lemon zest	¾	teaspoon
Lemon juice, fresh	2	teaspoons
Salt, divided	2	teaspoons
Pepper	1	teaspoon
Penne pasta	1	pound
Water	1	quart
Garnish		
Cherry tomatoes	1	pint

Preparation

1. Put noodles in boiling water with 1 teaspoon salt. Cook until tender, about 10-12 minutes. Drain, reserving a cup of pasta water. Set aside.
2. Put 1 cup of chickpeas, arugula, walnuts, ¼ cup nutritional yeast and garlic in food processor. Process until smooth.
3. While food processor is running, slowly pour in olive oil. Add lemon zest and juice.
4. Add salt and pepper. Continue to process for a few more seconds.
5. Toss pasta and pesto together. If too thick, use the reserved water for consistency.
6. If desired, garnish with remaining nutritional yeast and cherry tomatoes.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 316 Total Fat: 13g Saturated Fat: 2g Monounsaturated Fat: 4g Polyunsaturated Fat: 6g
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 40g Fiber: 4g Total Sugar: 3g Protein: 10g Sodium: 487mg
Vitamin A: 26µg Vitamin C: 14mg Calcium: 36mg Iron: 2mg Folate: 157µg