

Pesto Pasta

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 8

Serving Size: 8 ounces

Ingredients	Quantity	Measure
Penne pasta	1	pound
Water	4	cups
Salt	1	teaspoon
Pesto		
Fresh basil leaves	½	pound
Walnuts, chopped	1	cup
Olive oil	2	cups
Fresh garlic	½	cup
Salt	2	tablespoons

Preparation

Pesto

1. Blend basil, walnuts, garlic, oil and salt until creamy.
2. Taste and adjust seasoning.

Pasta

3. Cook pasta al dente.
4. Toss pasta and pesto together.
5. Serve.

Nutrition Information

 per serving *From USDA Nutrient Database

Calories: 659 Total Fat: 7g Saturated Fat: 49g Carbohydrate: 46g Protein: 9g Sodium: 263

Vitamin A: 44µg Vitamin C: 5mg Calcium: 54mg Iron: 3mg Folic Acid: 177µg

