



Dairy Free Pesto Pasta

Ingredients:

- 1 box whole grain pasta of choice
- 1 cup fresh basil
- 1 cup fresh spinach
- 1/3-1/2 cup extra virgin olive oil
- 1/2 cup pumpkin seeds
- 2 TBSP lemon juice
- 2 cloves garlic, minced
- Salt, to taste
- Black pepper, to taste
- 1/2 cup grape or cherry tomatoes, halved

Directions:

1. Boil water in a pot over the stove; Cook pasta according to box instructions; Chop tomatoes
2. Add pumpkin seeds, basil, spinach, lemon juice, and garlic to a blender or food processor; Blend until a paste forms
3. Slowly add olive oil; Can add more or less depending on desired consistency; Add salt and black pepper to taste
4. Serve over pasta with tomatoes; Optional to pair with a lean protein of choice
5. Store leftovers in the fridge for up to 1 week or the freezer for up to 1 month; Enjoy!

Cookware needed:

- Cutting board
- Food processor or blender
- Pot

Cost: \$ \$

Ease: 

Health Benefit: Extra virgin olive oil is a great source of heart healthy monounsaturated fat. Basil contains antioxidants to promote immune health and spinach contains fiber to promote a healthy weight. Garlic has anti inflammatory properties that may help lower cholesterol. Pumpkin seeds are high in protein, fiber, and healthy fats.