



Vegetarian Pesto Pasta with Roasted Tomatoes, Broccoli, & White Beans

You can use a variety of vegetables, beans, and pestos to create a tasty high fiber, high protein dinner. Make a large batch and save some for lunches during the week.

<u>U.S.</u>		<u>Metric</u>
1 pint	Cherry or Grape Tomatoes	263 g
1 Tbsp + 1 tsp	Olive Oil	15 mL
4 cups	Broccoli, cut into florets	452
8 oz	Whole Wheat Penne, Bowtie, or other pasta	226 g
2 (15 oz) cans	White Beans (such as cannellini), drained, rinsed	848 g
1/2 cup	Dry White Wine	119 mL
1/2 cup	Basil Pesto (see separate recipe)	57 g
1/4 tsp	Red Pepper Flakes	0.5 g
1/2 tsp	Kosher Salt	2.5 g
To Taste	Black Pepper, ground	To Taste

Preparation:

1. Gather all ingredients and equipment. Preheat oven to 400°F (205°C)
2. Wash the tomatoes and pat dry. Toss the tomatoes in 1 tsp of olive oil and spread evenly on a baking sheet lined with parchment paper. Bake for about 15 minutes, until blistered and soft.
3. Prepare an ice bath by adding about 2 cups of ice to a medium bowl. Add just enough water to cover the ice and place a strainer over the icy water. Set the ice bath next to your stove.
4. In a large pot, bring 3 quarts of water to a boil. Add broccoli to boiling water and cook for 1-2 minutes or until it turns bright green but is not too soft. It's better to remove in sooner than later. With a slotted spoon transfer broccoli from the boiling water into the ice bath to halt the cooking process. When broccoli has cooled, remove from the water and allow to drain.
5. In the same boiling water, add whole wheat pasta and cook until al dente (9-11 minutes). In the last minute of cooking, add the white beans. Reserve 1 cup of water, then strain and set aside.
6. Prepare the pesto (see separate recipe).
7. In a **large** saute pan, heat 1 Tbsp of oil over medium high heat. Once hot, add the broccoli and saute until broccoli begins to brown, about 2-3 minutes.
8. Add the white wine to deglaze the pan.
9. When the wine has reduced by half, add the pasta, white beans, pesto, tomatoes, red pepper flakes, salt, and pepper. Toss to combine. Add the reserved pasta water as needed to make a creamy sauce.

****Nutrition Facts on Reverse**

Nutrition Facts

5 Servings

Serving size **1.5 cups**

Amount per serving

Calories **490**

Calories from Fat 100

Total Fat 11 g

 Saturated Fat 1.5 g

 Trans Fat 0 g

 Monounsaturated Fat 3 g

Cholesterol 0 mg

Sodium 310 mg

Total Carbohydrate 76 g

 Dietary Fiber 14 g

 Total Sugars 4 g

 Includes 0g Added Sugars

Protein 21 g

Vitamin D 0 %

Calcium 20 %

Iron 70 %

Potassium 1155 mg

Phosphorus 228 mg
