



Spinach Pesto Pasta

Ingredients:

Bow tie pasta (can also use any pasta you like)
4 cups of fresh spinach
½ cup walnuts
4 garlic cloves
¼ cup parmesan cheese grated
½ teaspoon salt
½ teaspoon pepper
1 teaspoon lemon juice
¼ teaspoon lemon zest
½ cup of extra virgin olive oil
4 Sundried Tomatoes

Instructions:

1. Bring a pot of salted water to a boil, cook pasta according to directions on box
2. Add the rest of the ingredients into a food processor and blend until walnuts are finely blended.
3. Chop Sundried Tomatoes finely
4. Drain pasta and combine pasta with pesto. Top with more parmesan cheese and Sundried tomatoes!

Variations:

- Swap bow tie pasta for whole wheat pasta or chickpea pasta to add more protein
- Swap out the walnuts for your favorite nut
- Swap Sundried tomatoes with fresh cherry tomatoes

Prep Time: 5 minutes

Cooking Time: 15 minutes

Equipment:

Large pot
Food processor
Chef's Knife
Cutting Board
Measuring Cups/Spoons

Servings: 4 servings

Serving Size: 1 ½ Cup



Nutrition Information:

Calories 670, Total Fat 41g, Cholesterol 10mg, Sodium 680mg, Protein 21g, Calcium 456mg

Check out our blog at www.cookingoncampus.arizona.edu to find past recipes and a list of upcoming classes!
For more info about nutrition and what to eat on campus, go to www.health.arizona.edu, click Health Promotion, then Nutrition.

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TO YOU BY: Campus Health Service • Campus Rec • Culinary Services • ASUA • SHAC



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