

PASTA WITH SUN-DRIED TOMATO PESTO AND ASPARAGUS

Reteta luata de pe

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Method:

Soak sun-dried tomatoes in 1 cup hot water for 15 minutes to soften. Drain, reserving soaking liquid.

Cook pasta according to the package instructions.

Preheat the broiler. Spread asparagus and green onions on a baking sheet. Place



To make the sun-dried tomato pesto, place garlic, almonds, rehydrated tomatoes, nutritional yeast and 1/2 cup of the tomato soaking liquid in a food processor. Pulse until mixture reaches a smooth consistency. If needed, add an extra 2 to 4 tablespoons of warm water or pasta cooking liquid to reach this

Ingredients:

1/4 cup sun-dried tomatoes (not packed in oil)
1 pound short whole wheat pasta, such as rigatoni or penne
1 bunch asparagus (about 1 pound), tough ends removed, cut into 2-inch pieces
1 bunch green onions, trimmed and sliced
1 clove garlic
1/2 cup raw almonds
1/2 cup nutritional yeast

Nutritional Info:

Per Serving: 410 calories (80 from fat), 9g total fat, 70mg sodium, 68g carbohydrates, (13 g dietary fiber, 5g sugar), 19g protein.



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