

Fresh Green Chickpea & Walnut Pesto with Penne Pasta

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

SERVINGS: 12

Ingredients	Qty	Measure
Green chickpeas	2	cups
Baby arugula (loosely packed)	2	cups
Walnuts	½	cup
Nutritional yeast	½	cup
Garlic	1	clove
Olive oil	¼	cup
Lemon zest	¾	tsp.
Lemon juice (fresh)	2	tsp.
Salt (divided)	2	tsp.
Pepper	1	tsp.
Penne pasta	1	pound
Water	1	quart
Cherry tomatoes (garnish)	1	pint

Preparation

1. Put noodles in boiling water with 1 tsp. salt. Cook until tender, about 10-12 minutes. Drain, reserving a cup of pasta water. Set aside.
2. Put 1 cup of chickpeas, arugula, walnuts, ¼ cup nutritional yeast and garlic in food processor. Process until smooth.
3. While food processor is running, slowly pour in olive oil. Add lemon zest and juice.
4. Add salt and pepper. Continue to process for a few more seconds.
5. Toss pasta and pesto together. If too thick, use the reserved water for consistency.
6. If desired, garnish with remaining nutritional yeast and cherry tomatoes.

Nutrition Information *From USDA Nutrient Database

Calories: 316 Total Fat: 13g Saturated Fat: 2g Monounsaturated Fat: 4g Polyunsaturated Fat: 6g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 40g Fiber: 4g Total Sugar: 3g Protein: 10g Sodium: 487mg Vitamin A: 26µg
Vitamin C: 14mg Calcium: 36mg Iron: 2mg Folate: 157µg