

Quick Bites: Segment 16

Pasta & Pesto



Pesto: Create your own version

Nut: Toast 1/3 cup in a dry skillet until lightly browned; let cool. Pulse in a food processor or until finely ground. Pine nuts, Almonds, Walnuts, Cashews, Pecans, Hazelnuts, Pistachios

Base: Add 3 cups total (choose up to 3). Basil, parsley, mint, spinach, arugula, kale, cilantro, romaine

Seasoning: Add ½ to 1 tsp. total of the following ingredients (choose up to 3); add ¼ tsp. kosher salt (optional) & pulse until finely chopped. Garlic, lemon zest, orange zest, red pepper flakes, thyme, oregano, tarragon, rosemary

Cheese: Grate ½ cup, add to the food processor & pulse to combine. Parmesan, Asiago, Pecorino, Gruyere, Aged gouda, Aged cheddar

Finish the Pesto:

Slowly pour in ½ cup extra virgin olive oil, pulsing to incorporate. Transfer the pesto to a bowl & stir in ¼-1/2 cup of any of the following (optional).

½ cup pesto 1# pasta. Mascarpone, Sun-dried tomatoes, chopped, olives, pitted & chopped, roasted red peppers, chopped, fresh tomatoes, chopped and ricotta.

Basil & Parsley Pesto

Ingredients:

2 cups loosely packed basil leaves

1 cup loosely packed Italian parsley

¼ cup slivered almonds, toasted

2 garlic cloves

1/3 cup grated lemon peel

1/3 cup lemon juice

1 Tbsp. honey

½ tsp. salt, optional

½ cup olive oil

½ cup grated Parmesan cheese

Directions:

Place basil, parsley, almonds & garlic in a small food processor; pulse until chopped. Add lemon peel, juice, honey & salt; process until blended. Continue processing while gradually adding oil in a steady stream. Add cheese, pulse just until blended. Store in an airtight container in the refrigerator for up to 1 week.

May also freeze pesto in ice cube trays. Once frozen, remove from trays & place in plastic freezer bag; return to freezer.

Note: To toast nuts, bake in a shallow pan in a 350 degree oven for 5-10 minutes or cook in a skillet over low heat until lightly browned, stirring occasionally.

Serving: 2 Tbsp. Calories: 148, Fat: 13 g, Sodium: 195 mg, CHO: 6 g, Fiber: 1 g, Protein: 2 g

Cherry Tomato Burst Pasta

Ingredients:

½ cup olive oil

6 garlic cloves, smashed

4 pints cherry tomatoes
(about 2 ½#)

¾ tsp. crushed red pepper
flakes

2 large sprigs basil, plus 1
cup basil leaves, torn if
large

½ tsp. kosher salt

12 oz. Campanelle or other
tube pasta

1 oz. finely grated Parmesan (about 1/3 cup) plus more if serving



Directions:

Heat ½ cup oil in a large heavy pot over low. Add garlic and cook, stirring, until softened and fragrant but not browned, about 2 minutes. Increase heat to medium and add tomatoes, red pepper flakes, basil sprigs and pinch of salt. (You can instead roast the tomatoes in the oven after adding the garlic and oil.)

Cook, stirring to coat, until tomatoes begin to burst, about 4 minutes. Smash some but not all of the tomatoes with the back of a wooden spoon to help create a sauce, then continue to cook, stirring occasionally, until chunky, thickened sauce comes together about 10-12 minutes. Taste and adjust seasoning if too tart.

Pluck out and discard basil sprigs. Meanwhile cook pasta in a large pot of boiling salted water, stirring occasionally, until al dente. Drain pasta, add to pot with sauce, and cook over medium heat, stirring until coated 1-2 minutes. Remove from heat and stir in 1 oz. Parmesan cheese. Divide pasta into bowls. Top with more Parmesan cheese and 1 cup basil leaves.