hopelink Harvest

Growing connections to fresh food.

Pesto Pasta Salad

Contributed by Judy R., Hopelink Harvest volunteer
Inspired by "The Joy of Cooking"

Ingredients: Pesto

- 2 cups fresh basil leaves
- 1/3 cup walnuts, pecans, almonds, or pine nuts
- 2 garlic cloves, peeled
- *Optional*: ½ cup grated parmesan cheese
- ½ cup olive or vegetable oil

Ingredients: Pasta Salad

- 1 pound spiral-shaped or other pasta (fusilli, rotini or cavatappi)
- ½ cup shredded carrots
- ½ cup cherry tomatoes, halved
- ½ cup diced zucchini
- ¼ cup of diced black olives
- Lettuce or other greens as desired

Method:

1. Combine basil, nuts, garlic and optional cheese in food processor and chop roughly. Slowly add oil while still mixing.
2. Cook pasta per package instructions. Drain.
3. Combine pesto, pasta, carrots, tomatoes, zucchini and olives in large bowl and stir. Serve on a bed of chopped greens. – Enjoy!

For more healthy recipes:
www.hopelink.org/need-help/food/healthy-recipes

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