

Pasta with Basil Pesto and Mixed Green Salad

Serves 4-5

Pasta

16 ounces whole grain pasta (brown rice, quinoa, spelt, whole wheat)

Cook to package directions – al dente.

Pesto

Yield 1 cup

2 cups fresh basil leaves

2 garlic cloves

½ c rice or soy “Parmesan cheese”

2 tablespoons pine nuts or walnuts

½ c olive oil

Salt (optional)

In blender or food processor, mix all ingredients. Scrape down sides as necessary. Blend to desired consistency and season to taste.

Mix pesto into pasta and serve immediately. Garnish with “Parmesan cheese” and pine nuts.

Mixed Green Salad

Yield 4 servings

4 cups of mixed greens

2 medium tomatoes, quartered

1 cup cucumber, sliced

1 red bell pepper, seeded and cut into slices

4-6 artichoke hearts, optional

Mix all of the ingredients together in a bowl. Serve with a low fat Italian dressing.

For more information see: www.e2se.org