



Lean & Green Pesto Pasta

SERVINGS: 5

PREPPING TIME: 10 MINS

COOKING TIME: 15 MINS

INGREDIENTS

- 2 cups broccoli florets
- 8 oz. dry whole wheat penne pasta
- 2 cups (loosely packed) baby spinach leaves
- 1/4 cup raw almonds—toast
- 3 cloves garlic, peeled and smashed
- 1/2 tsp. finely grated lemon zest
- 1 tbsp. fresh lemon juice
- 1/2 tsp. kosher salt, plus more, to taste
- 1/4 tsp. freshly ground black pepper
- 1/2 cup fresh basil
- 1/2 cup fresh chives
- 1/2 tsp. Sriracha sauce or any hot sauce
- 4 tbsp. grated reduced-fat Parmesan cheese, divided
- 3 tbsp. extra-virgin olive oil
- 1 lb. boneless, skinless chicken breast, grilled and sliced

NUTRITION

Serving size: 1 (246g)
(per serving) 420 calories, 16g fat, 2.5g saturated fat, 70mg cholesterol, 400mg sodium, 40g carbohydrate, 3g fiber, 1g sugar, 32g protein

DIRECTIONS

1. Begin by bringing a large saucepan of salted water to a boil. Cook the broccoli for approximately 3-5 minutes until it turns bright green and the stems are easily pierced with the tip of a knife. Using a slotted spoon, remove the broccoli and place it in a food processor.
2. In the same boiling water, cook the pasta according to the package instructions. Before draining, reserve 1/4 cup of the cooking water.
3. While the pasta is cooking, process the broccoli, spinach, almonds, garlic, lemon zest, lemon juice, salt, pepper, basil, chives, Sriracha sauce, Parmesan, and olive oil in the food processor until a smooth paste forms. Add 2 tablespoons of pasta water if the pesto is a little too thick.
4. Toss the drained pasta with the prepared pesto. Incorporate 1-2 tablespoons of cooking water. Gently fold in the grilled and sliced chicken breast.
5. Divide the pasta among plates and sprinkle each serving with the remaining 2 tablespoons of Parmesan. Enjoy your delicious broccoli and spinach pesto pasta!