



## Vegetarian Pesto Pasta with Roasted Tomatoes, Broccoli, & White Beans

You can use a variety of vegetables, beans, and pestos to create a tasty high fiber, high protein dinner. Make a large batch and save some for lunches during the week.

### U.S.

8 oz  
2 (15 oz) cans  
1 pint  
1 Tbsp + 1 tsp  
4 cups  
1/2 cup  
1/2 cup  
1/4 tsp  
1/2 tsp  
To Taste

Whole Wheat Penne, Bowtie, or other pasta 226 g  
White Beans (such as cannellini), drained, rinsed 848 g  
Cherry or Grape Tomatoes 263 g  
Olive Oil 15 mL  
Broccoli, cut into florets 452  
Dry White Wine 119 mL  
Basil Pesto (see separate recipe) 57 g  
Red Pepper Flakes 0.5 g  
Kosher Salt 2.5 g  
Black Pepper, ground To Taste

### Metric

### **Preparation:**

1. Gather all ingredients and equipment. Preheat oven to 400°F (205°C)
2. In a large pot, bring 3 quarts of water to a boil. Cook pasta according to package directions or until "al dente", about 8-10 minutes.
3. Using the same pasta water, blanch white beans for 2 minutes. Drain and set aside, reserving 2 cups of water.
4. Wash the tomatoes and pat dry. Toss the tomatoes in 1 tsp of olive oil and spread evenly on a baking sheet lined with parchment paper. Bake for about 15 minutes, until soft and browned.
5. Prepare the pesto (see separate recipe).
6. In a large saute pan, heat 1 Tbsp of oil over medium high heat. Once hot, add the broccoli and saute until the broccoli is tender. Remove from the pan.
7. Add the white wine to deglaze the pan.
8. When the wine has reduced by half, add the pasta, pesto, tomatoes, white beans, broccoli, red pepper flakes, salt, and pepper. Toss to combine. Add the reserved pasta water as needed to make a creamy sauce.

**\*\*Nutrition Facts on Reverse**

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## Nutrition Facts

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5 Servings

**Serving size**                    **1.5 cups**

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**Amount per serving**

**Calories**                            **490**

Calories from Fat                100

**Total Fat**                            11 g

  Saturated Fat                    1.5 g

  Trans Fat                            0 g

  Monounsaturated Fat        3 g

**Cholesterol**                        0 mg

**Sodium**                                310 mg

**Total Carbohydrate**            76 g

  Dietary Fiber                    14 g

  Total Sugars                      4 g

    Includes 0g Added Sugars

**Protein**                                21 g

Vitamin D                            0 %

Calcium                                20 %

Iron                                      70 %

Potassium                          1155 mg

Phosphorus                        228 mg

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