



## RECIPE OF THE WEEK

This Basil Pesto Pasta with Seasonal Vegetables is super quick and easy to make and a treat for the taste buds. Made with fresh and packaged ingredients from this week's Long Beach Food Pantry Delivery and Grocery Grab N Go, this delicious meal is packed with vegetables making it a wholesome meal to enjoy.



### BASIL PESTO PASTA WITH SEASONAL VEGETABLES

#### Nutritional Facts:

Broccoli, spinach, Brussels sprouts, potato, and basil together are high in fiber; iron, calcium, potassium; antioxidants; magnesium; folate, and vitamins A, C, E, K and B6. Pasta is also high in fiber, manganese, selenium, copper, and phosphorus.

All this helps digestive and heart health; blood pressure, and cholesterol levels, reduces inflammation; boosts immunity and energy levels, as well as protects against osteoporosis, cancer, and diabetes.

#### Ingredients (Serves 4 – 6):


1 pound bite-size pasta (such as rotini, penne, or ziti)  
1 pound cleaned/drained mixed Prepared Vegetables (peas, broccoli, brussels sprouts, new or red potato)  
1 pound leaf spinach or kale  
1 cup Basil Pesto or your favorite pesto  
Salt & Pepper to taste


#### Instructions

1. Cook pasta a per packet instructions.
2. While pasta is cooking prepare vegetables by cutting broccoli florets from the stalk and then into bite-size pieces. Trim the root end of Brussels sprouts and halve lengthwise. Trim ends of the green beans and cut into bite-size pieces. Cut potatoes into bite-size chunks.
3. In the last 4 minutes of the pasta cooking time add the Prepared Vegetables; cook until bright green and tender crisp. In the last minute, add the spinach and return water to a simmer.
4. Drain the pasta and return it to the pot. Add Pesto and up to 1 cup of the reserved cooking liquid; toss to combine.
5. Serve with grated cheese of your choice.

*Eat & Enjoy!*

Recipe adapted from: [www.planetarianlife.com](http://www.planetarianlife.com)

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