

SPINACH PESTO

26 minutes | 4 servings

PASTA

Ingredients

2 cups spiral pasta

6 cups water

4 cups spinach

1/2 lemon (juice)

2 cloves garlic

1 cup cherry tomatoes

1/4 cup almonds

1/4 cup olive oil

salt and pepper to taste

Preparation

1. Bring 4 cups of water to a boil. Stir in pasta and cook for 10-15 minutes.
2. In a blender, add spinach, lemon, garlic, and almonds. Slowly pour in oil. Add 1-2 cups of water for preferred texture.
3. Top with tomatoes. Serve warm or refrigerate for 1 hour to serve cold.
4. Add 1 tbs of Parmesan cheese, if desired.

Swap

Instead of this:

almonds

spinach

pasta

cherry tomatoes

Use this:

walnuts

basil

zucchini spirals

roma tomatoes

Nutritional information per serving

Calories **230 kcal**

Protein **1g**

Total Fat **15g**

Saturated Fat **2g**

Sodium **170mg**

Total Carbohydrates **47g**

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