

Brown Rice Pesto Pasta



Prep:

5 minutes

Total:

25 minutes

Makes:

8 full servings

Utensil:

Saladmaster Food Processor
3 Qt./2.8 L Sauce Pan with Cover
5 Qt./4.7 L Roaster with Cover
11" Large Skillet with Cover
medium mixing bowl
Bake and Roast Pan (9 x 13)

Rate ★★★★★

Recipe:

Contributed By:

Marni Wasserman
Certified Chef and Culinary Nutritionist, Marni uses passion and experience to educate individuals on how to adopt a realistic, plant-based diet that is both simple and delicious.

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Recipe Description:

Pesto is a fun, easy sauce to make. It is full of chlorophyll and protein. The miso and pine nuts give it a “cheesy” flavour. Pesto tastes great on anything from brown rice pasta and quinoa, to homemade pizza crust, wraps or simply as a dip for veggies. If beans are added to this recipe it will give your pasta a hearty boost of protein and fiber and make each bowl of pasta more filling!

You can learn more about Marni by visiting her Facebook and Twitter page, or www.marniwasserman.com.

Pesto Sauce
2 cups
fresh basil
(48
g)
¼ cup
olive oil
(60
mL)
1 - 2 cloves
garlic

2 tablespoons
 lemon juice
 (30
 mL)
 1 teaspoon
 mellow rice miso
 (6
 g)
 1 tablespoon
 honey
 (21
 g)
 ¼ cup
 pine nuts or walnuts
 (34
 g)
 salt and pepper to taste

Pasta

1
 package brown rice
 pasta

Mushrooms

3 - 5 portobello mushrooms, sliced, use Cone #4
 2 tablespoons balsamic (30 mL) Grind the nuts in a food processor.
 vinegar
 1 bunch spinach Add the remaining ingredients and process for a few minutes until well combined. Set aside.

Directions:

Pasta

1. Bring water to a boil in the 3 Qt./2.8 L Sauce Pan. Add sea salt and pasta and cook until tender or al dente about 7 - 10 minutes.

Mushrooms

1. Slice mushrooms and toss in a bowl with balsamic vinegar.
2. Spread on the Bake and Roast Pan (9x13) and roast in the oven for 15 - 20 minutes at 300°F/150°C. Or sauté in the 11" Large Skillet for 5 - 10 minutes.
3. In a 5 Qt./4.7 L Roaster, on a medium or low heat combine the pesto with the cooked pasta. Add in the mushrooms and spinach.
4. Stir a few minutes until the spinach has wilted and is cooked into the pasta.

Nutritional Information per

Serving

Calories: 302
Total Fat: 12g
Saturated Fat: 1g
Cholesterol: 0mg
Sodium: 354mg
Total 45g
Carbs:
Dietary Fiber: 3g
Sugar: 3g
Protein: 6g
 Analysis calculated using pine nuts