

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)

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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)

¹/₄

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)

¹/₄

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 vinegar
(30
mL)
1
bunch
spinach

Directions:

1. Grind the nuts in a food processor. Add the remaining ingredients and process for a few minutes until well combined. Set aside.

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 Carbs:

45g

Dietary Fiber:

3g

Sugar:

3g

Protein:

6g

Analysis calculated using pine nuts