

Creamy Pistachio Pesto with Quinoa Pasta

18.53% of calories from fat

The inspiration for this dish is Sicilian Style Pistachio Pesto. The Sicilian style contains just pistachios, salt and olive oil but is disastrous for the waistline. This dish retains the delicate taste of the pistachio but has the added benefit of being so much healthier than the original dish.

Ingredients

- 1 small head cauliflower, roughly cut (4" diameter)
- 1 teaspoon raw chia seeds
- ½ cup butter beans (1/3 of a can)
- ½ cup pistachio nuts, dry roasted with salt
- ½ teaspoon salt
- ½ cup water
- 1 pound Quinoa, Amaranth, & Brown Rice Fusilli pasta



Directions

1. Steam cauliflower for 15 to 20 minutes. Drain and add the cauliflower to a high-speed blender.
2. Grind chia seeds in spice grinder and add to high-speed blender.
3. Add butter beans, pistachio nuts, salt (to taste), and water to high-speed blender. Blend until smooth and creamy.
4. Cook fusilli pasta according to directions on the package.
5. Drain the pasta and place in serving bowl. Mix in the sauce and serve.

Serves 8.

Nutritional Information: 270 calories per serving, 1 cup per serving, 6g total fat, 0g sat fat, 0g trans fat, 0mg cholesterol, 140 mg sodium, 48g total carbohydrate, 4g dietary fiber, 1g total sugars, 7g protein, 0mcg (0%) vitamin D, 22mg (2%) calcium, .74mg (4%) iron, 213mg (4%) potassium.