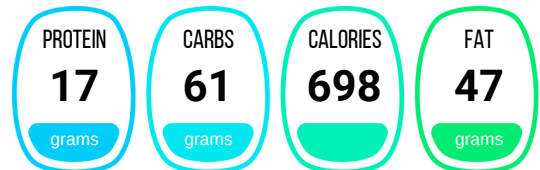
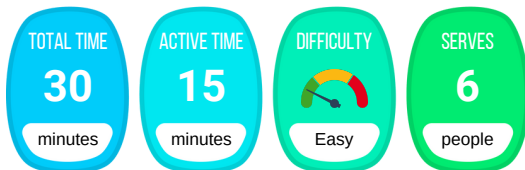


# BROCCOLI PESTO PASTA

COURTESY OF FIT



A quick and filling pesto pasta recipe for the whole family! This is a great alternative to normal marinara sauce and your pesto can be stored and used for the next week.

## INGREDIENTS

- 4 cups Broccoli Florets
- 1 pound of your favorite pasta
- 2 cups lightly packed basil leaves
- 3 garlic cloves- smashed
- ¼ cup pines nuts or walnuts
- 1 cup extra virgin olive oil
- ½ teaspoon salt
- 1 cup shredded Parmesan Cheese, plus extra for topping

## INSTRUCTIONS

1. Bring a large pot of lightly salted water to boil
2. Add broccoli to the boiling water and cook 3-4 mins until it is bright green (blanched)
3. Using a slotted spoon, transfer broccoli to a bowl or blender
4. Return the pot to the heat and return to a boil. Add pasta to the water and cook until desired tenderness
5. Strain the pasta, but reserve 1-½ cups of the pasta water
6. Add the basil, garlic, pine nuts (or walnuts), olive oil, salt and parmesan to the blender with the broccoli and blend until smooth. Slowly pour in the reserved pasta water a little at a time, until desired sauce consistency forms, about 1 cup normally does it.
7. Mix with hot pasta, top with parmesan and serve!