

Pesto Caprese Pasta

Servings: 4

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Total Time: 15 minutes

Ingredients

8 ounces fettuccine

1/2 cup basil pesto (my recipe is below)

1 pint cherry tomatoes, halved

1 cup bocconcini (mini mozzarella balls),
quartered

1/2 cup grated Parmesan cheese

Fresh basil, chopped (*chiffonade*), optional

If you want to make this and still keep your intake of wheat flour low, I suggest going with a lentil or quinoa pasta. It will still have some carbs, but you'll be getting more protein and fiber along with some extra flavor.

Directions

In a large pot of boiling salted water, cook pasta according to package instructions, approx. 10-12 minutes.

Drain the pasta, but reserve 1/2 cup of the pasta water.

Return the pasta to the pan, then add the pesto, chopped tomatoes, and mozzarella. Season with pepper to taste and toss to coat the pasta.

Add half of the Parmesan cheese and toss again. If the pasta seems really dry, add a little bit of the pasta water until the pesto easily coats the pasta.

Serve pasta topped with the rest of the cheese and some freshly chopped basil, if you have it.

Basil Pesto

Servings: 10 (Makes 2 cups)

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Total Time: 10 minutes

Ingredients

3 cups basil leaves

1 cup Parmesan cheese

1/2 cup walnuts, chopped

3 garlic cloves

1 teaspoon salt

2 teaspoons black pepper

1 cup olive oil

Juice and zest from 1 lemon

Directions

Combine the basil, Parmesan, walnuts, garlic, salt, and pepper in the bowl of a food processor. Pulse a couple of times until the basil is chopped finely.

Add the olive oil, lemon juice, and lemon zest and pulse until a loose sauce forms. If you need to, add 1-2 tablespoons of water to loosen it up.

This makes more pesto than you will need for the pasta above. To store the rest, place the pesto in a container with an air-tight lid, pour some additional olive oil on top, and press a piece of cling film on top to prevent it from browning. It will keep for 1 week in the fridge or up to 2 months in the freezer. You can also divide the pesto into an ice cube tray, pour some additional olive oil on top and freeze. This way, you can pop a couple of cubes of pesto out whenever you need some.