

Beet Pesto Pasta

Ingredients: Serves 6

3 large beets, top trimmed

3 cloves garlic

1/2 cup shelled pistachios

1/4 cup fresh lemon juice

1/4 cup olive oil

1 cup grated Parmesan cheese

1 lb dry whole grain spaghetti

Directions:

- 1) Bring a medium pot of water to a boil. Add beets. Boil about 30 minutes, or until tender.
- 2) Drain beets and skin them. Chop into quarters and place in food processor or blender.
- 3) Add garlic, pistachios, lemon juice, olive oil, and Parmesan and blend until smooth.
- 4) Bring a large pot of water to a boil and cook spaghetti to al dente. Drain and toss with beet pesto.

Recipe Adapted From: <https://www.healthyseasonalrecipes.com/mizuna-salad-with-peanuts/>

For more recipes, visit <https://stjoefarm.wordpress.com>

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Nutrition per serving:

495 Calories

20 g fat

331 mg sodium,

56 g Carbohydrates

5 g Sugar

19 g Protein

