

Arugula & Basil Pesto Pasta

12 oz spelt Pasta
4 cups arugula leaves
3 – 4 cloves garlic, minced
1 cup tightly packed fresh basil leaves
2 tbsp pine nuts, chopped
Kosher salt
Ground black pepper
1/3 cup extra virgin olive oil
1/4 cup grated Parmesan cheese

Nutritional Facts:

Calories = 520
Fat = 21g Sat. Fat = 3.5g
Protein = 17g Carbs = 65g
Fiber = 4g

Instructions:

Prepare the pasta according to package directions. Drain and place in a large serving bowl.

Meanwhile, in a food processor, combine the arugula, basil, garlic, pine nuts, and salt and pepper to taste. Process to coarsely chop. With the food processor running, slowly add the oil in a steady stream until mixture is smooth.

Toss the pasta with the pesto. Sprinkle with the cheese.

Makes 4 servings

Source: The South Beach Diet Cookbook