



# Organic Roasted Vegetable Pesto Penne

## Servings

2

## Calories

580

## Prep Time

15 minutes

## Total Time

35 minutes

## Skill Level

Medium

## Ingredients

### Pasta Ingredients

1 (10 ounces) package Mann's Organic Broccoli & Carrots

4 ounces cherry tomatoes

½ tablespoon EVOO

⅛ teaspoon sea salt

2 cups cooked quinoa-based pasta

1 tablespoon Parmesan cheese for garnish

⅓ cup of pesto sauce (see ingredients below)

### Pesto Ingredients

2 cups basil leaves, fresh, packed

3 garlic cloves, roasted

¼ cup chopped walnuts

⅔ cup extra virgin olive oil, divided

sea salt and fresh ground black pepper to taste



## The Method

Preheat your oven to 375° F. Add Mann's Organic Broccoli & Carrots, tomatoes, and oil to a mixing bowl and toss until evenly coated. Spread on a lined baking sheet, sprinkle with salt, and roast on the center rack for 20 minutes.



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While the vegetables are roasting, prepare the pesto by combining basil, garlic, and walnuts to a food processor and pulse until coarsely chopped. Add half of the oil and process until completely smooth. Add remaining oil and pulse until combined.

In a mixing bowl, combine pasta, roasted vegetables, and desired amount of pesto. Garnish with Parmesan cheese and serve.

TIP: Store any remaining pesto refrigerated in an airtight container with a thin layer of oil covering the top surface.

## **Nutrition Facts**

Serving Size: 432g | Servings: 2

### **Amount Per Serving**

Calories 580 | Total Fat 35g (sat 4.5g trans 0g) | Cholesterol 0mg | Sodium 280mg | Total Carbohydrate 54g | Dietary Fiber 10g | Sugars 7g  
(Includes 0g Added Sugars) | Protein 13g | Vitamin D 0% | Calcium 10% | Iron 30% | Potassium 20%