

Personal Pesto Pasta

Recipe By Sharon Matten



Cooking and Prep:  15
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Serves:  1

Contains:    

Preference: Dairy

Difficulty: Easy

Occasion: Nine Days

Diet: Vegetarian, Pescetarian

Source: KosherScoop.com

I am always rushing during the day and am lucky if I can put a healthy lunch together (cheese puffs are not considered a healthy lunch). I found that with pre-frozen herb cubes I can put together a super healthy lunch in under five minutes!! Awesome, right? The herbs are fresh frozen so they are packed with nutrients, and by adding a small amount of healthy olive oil and omega-3 packed walnuts you make your lunch even healthier.

Ingredients (9)

Main ingredients

- 1 cup cooked rotini pasta
- 3 cubes **Dorot Gardens Frozen Basil**
- 2 cubes **Dorot Gardens Frozen Parsley**
- 1 cube **Gefen Frozen Garlic**
- 1 teaspoon olive oil

- 1/8 teaspoon crushed red pepper *(optional)*
 - 1/2 teaspoon dried mint
 - 1/2 tablespoon ground walnuts *(optional)*
 - shredded part-skim mozzarella
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Start Cooking

Prepare the Pasta

1. In a small bowl combine the basil, parsley, garlic, olive oil, crushed red pepper, and dried mint. Set the pesto aside.
2. Place the pasta on a dish or in a bowl.
3. If eating this dish hot, warm the pasta in the microwave for 60 seconds. Spoon the pesto over the pasta and mix to combine. Sprinkle with ground nuts and mozzarella.
4. Enjoy & relax – you're eating a delicious dish that's good for you too!

Note:

This recipe can be eaten hot or cold. I like to use healthier whole wheat or a higher fiber and nutrition pasta.

Tip:

Cook a box of pasta in advance and keep it in the refrigerator for up to a week.