



## Pasta with Pesto

This easy, delicious dish is topped with True North Nutty No Grainer Mediterranean

### Ingredients

12 oz. spaghetti or linguini, uncooked, or other pasta of choice  
1 tsp salt  
1 cup pesto w/ basil sauce (homemade or store bought)  
1 Tbsp parmesan cheese  
1 cup NNG Mediterranean  
Fresh parsley for garnish

Minutes to Prepare: 25
Minutes to cook: 15
Number of Servings: 4
Serving Size: 1 1/2 cupscooked pasta

### Directions:

1. Place the pesto sauce into a large pasta serving bowl. Add 2 tbsp. of olive oil to thin it a little. Set bowl aside.
2. Bring a large pot of water with 1 tsp. salt added to a boil. Cook the pasta according to box directions.
3. Drain the pasta and toss it into the bowl of pesto, gently mixing the pasta using a fork until it is evenly coated with pesto sauce. Top with 1 cup True North Mediterranean Nutty No Grainer. Serve with grated parmesan cheese or a side of grated Parmigiano Reggiano cheese.

### Variations:

Primavera: Add in one (16 oz.) package frozen Broccoli-Cauliflower-Carrot Medley to the pot during the last 4 minutes of cooking time for the pasta. Drain the pasta-vegetable mixture and place into the large bowl with the pesto. Gently mix the pasta and vegetables until coated evenly with pesto sauce.

(added Calories 15, Carb 2.5g, Pro 1g, Fat 0g)

### Nutrition:

Calories: 475 Fat: 24.9g Cholesterol: 11.0mg  
Sodium: 1,039mg Total Carb: 47g  
Fiber: 4-7g\* Protein: 10-13.5g\*



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