

Roasted Asparagus & Tomato Pesto Fusilli

Amy Symington

Preparation Time: 20 minutes

Cooking Time: 12-14 minutes

- Preheat oven to 350°F (175°C)
- Equipment: blender, baking sheets, parchment paper

Ingredients

6 servings

375 g fusilli pasta (wholegrain, spelt, gluten free, etc)

2 tbsp (30 ml) extra virgin olive oil, divided

2 cups (225 g) asparagus, bottoms removed, cut into 1-inch pieces

1 pint (300 g) cherry tomatoes, halved

3 cloves (9 g) garlic, minced

½ tsp (2.5 g) salt

¼ tsp black pepper

Almond Parmesan

¼ cup (25 g) ground blanched almonds

¼ cup (15 g) nutritional yeast

¼ tsp (1.25 g) sea salt

Garnish

Basil leaves

Pesto

2 bunches (145 g) basil, stems removed

½ cup (55 g) ground blanched almonds

2 cloves (6 g) garlic

2 tsp (6 g) sea salt

½ cup (125 mL) extra virgin olive oil or grapeseed oil

½ cup (125 mL) water

Directions

1. Preheat oven to 350°F (175°C) and line 2 baking sheets with parchment paper.
2. Cook pasta according to directions. Once cooked, immerse in a cold-water bath, drain and place into a large bowl. Drizzle and coat with 1/4 of the extra virgin olive oil. Set aside.
3. In a medium bowl, combine asparagus, tomato halves, garlic and remaining olive oil. Toss until asparagus and tomatoes are coated. Sprinkle with salt and pepper.

4. Evenly distribute onto baking sheets in a single layer and roast for 12 to 14 minutes or until asparagus is tender and slightly brown and tomatoes have softened.
5. Meanwhile, make pesto. In a high-powered blender add all pesto ingredients except oil and water. Pulse 2 to 3 times. Next, while blender is on low speed, slowly add oil and then water. Blend until smooth, about 1 to 2 minutes. This will make enough for 24 servings.
6. In a small bowl, combine parmesan ingredients. Set aside.
7. Add asparagus, tomatoes and ¼ of the pesto to pasta (all the pesto if making 24 servings) and toss until pasta is coated. Sprinkle half of the almond parmesan and gently toss with pasta.
8. Top with remaining almond parmesan, basil, and serve.

Tips:

- 1) If making 6 servings freeze the remaining pesto for future use for up to 3 months.

Nutritional Information

Nutrition Facts	
Valeur nutritive	
Per 1 cup (187 g) par 1 tasse (187 g)	
Calories 370	% Daily Value* % valeur quotidienne*
Fat / Lipides 15 g	20 %
Saturated / saturés 1.5 g	8 %
+ Trans / trans 0 g	
Omega-3 / oméga-3 0.1 g	
Carbohydrate / Glucides 52 g	
Fibre / Fibres 5 g	18 %
Sugars / Sucres 2 g	2 %
Protein / Protéines 9 g	
Cholesterol / Cholestérol 0 mg	
Sodium 420 mg	18 %
Potassium 300 mg	6 %
Calcium 75 mg	6 %
Iron / Fer 3 mg	17 %
Vitamin A / Vitamine A 50 mcg	6 %
Vitamin C / Vitamine C 11 mg	12 %
Vitamin E / Vitamine E 3.5 mg	23 %
*5% or less is a little , 15% or more is a lot *5% ou moins c'est peu , 15% ou plus c'est beaucoup	