

Spinach Pesto Pasta with Shrimp



Pesto:

- 2 cups Packed fresh baby spinach
- 1 cup Packed fresh basil leaves
- ½ cup Loosely packed fresh flat-leaf parsley
- ½ cup Seeded chopped plum tomato
- 6 T. Chopped toasted walnuts
- 2 t. Fresh lemon juice
- ½ t. Kosher salt
- ½ t. Black pepper
- 1 ½ oz. Parmesan cheese, grated (about 1/3 cup)
- 1 Garlic clove
- 2 T. Extra-virgin olive oil

How to Make it:

Step 1

To prepare pesto, bring a large saucepan filled with water to a boil. Add spinach and basil; cook 20 seconds. Remove spinach mixture to a bowl filled with ice water (reserve water in pan); let stand 30 seconds. Drain and pat dry with paper towels. Keep the saucepan water for Step 3.

Step 2

Place parsley and next 7 ingredients (through garlic) in food processor; process until finely chopped. Add spinach mixture and 2 tablespoons oil; process to combine. Place 3/4 cup pesto in a small bowl; place plastic wrap directly on pesto.

Pasta:

- 8 oz. Uncooked whole-wheat penne pasta
- 1 pound Fresh asparagus, cut into 2-inch pieces
- 1 T. Olive oil
- 1 T. Unsalted butter
- 1 pound Large fresh shrimp, peeled and deveined
- ¼ t. Ground red pepper
- ¼ t. Black pepper
- ½ cup Halved multicolored grape tomatoes
- ¼ t. Kosher salt

Step 3

To prepare pasta, return water in pan to a boil. Add pasta; cook according to package directions, adding asparagus during last 5 minutes of cooking. Drain in a colander over a bowl, reserving 3/4 cup cooking liquid.

Step 4

Heat 1 tablespoon oil and butter in a large skillet over medium-high until butter melts. Sprinkle shrimp with red pepper and 1/4 teaspoon black pepper. Add shrimp to pan; cook 1 to 2 minutes on each side or until done. Remove shrimp from pan.

Step 5

Add pasta mixture and reserved 3/4 cup cooking liquid to pan; cook 1 minute. Stir in remaining 6 tablespoons pesto, shrimp, grape tomatoes, and 1/4 teaspoon salt. Divide pasta mixture evenly among 4 bowls.

Nutritional Information

Calories 409	Fat 15.5g
Carbohydrate 50g	Protein 27g
Sodium 443mg	