

Recipe Title: Pesto Pasta with Green Beans

Ingredients and Amounts

2 Cups Fresh Basil Leaves
2 cloves of garlic
¼ cup of Pine Nuts
2/3 cup of Extra-Virgin Olive Oil, divided
1 Cup of Green Beans, cooked al dente
¼ Freshly Grated Pecorine Cheese
¼ Freshly grated Parmesan Cheese
1 lb of Orachette(pasta)



Michael Papi, Joshua Peyser, Gabriel

Nutrient Analysis:

Serving Size: 5 oz, Calories: 512, Calories from Fat 290, Total Fat 32.3g, Saturated Fat 5.2g, Trans Fat 0g, Cholesterol 62mg, Sodium 179mg, Total Carbohydrates 44.1g, Dietary Fiber 1g, Sugars >1, Protein 12.9 grams. Vitamin A 13%, Calcium 11%, Vitamin C 8%, Iron 19%

It is easy to place pesto in the bad for you food category, based on the high amounts of oil used and the large amounts of carbohydrates. True there is cheese and olive oil and pine nuts, which are all high in fat but not in, saturated fat. Both Pine nuts and olive oil are high in unsaturated fats and make pesto a nutrient packed food. Not to mention it is high in Vitamin A, E, K and many minerals.



Method:

Cook Pasta until done, and set aside into a large bowl, add a splash of olive oil to keep the noodles from sticking to one another. In a food processor combine basil leaves, pine nuts, olive oil, garlic, salt and pepper to taste. Process until a smooth consistency is reached. While processing these ingredients cook green beans for 5-8 minutes until they are soft but not mushy. When the beans are done add them along with sauce from food processor to large bowl with pasta. Stir all ingredients together and add remaining olive oil if any. Sprinkle cheese on top and serve hot.

Number of Servings: 6-8 portions total