

Pumpkin Seed Pesto



PREP TIME:
15 MINUTES

COOK TIME:
15 MINUTES

TOTAL TIME:
30 MINUTES

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Recipe type: Gluten Free / Dairy Free / Vegan

Yield: 4 Servings

For Cleanse Friendly Version: Omit Tomatoes

Pesto Ingredients:

- 1 ½ Cups Basil Leaves
- ¼ Cup Pumpkin Seeds
- ¼ Cup Extra Virgin Olive Oil
- 2-3 Cloves Garlic (*the more the better*)
- Pinch of Himalayan Sea Salt

Pasta Ingredients:

- 1 - 12 oz. Package Gluten Free Brown Rice Pasta (I used Lundberg brand)
- 1 TBSP Garlic – Minced
- 1-2 TBSP Extra Virgin Olive Oil
- ¼ Cup Organic Low Sodium Vegetable Broth
- 1 Cup Organic Grape Sized Tomatoes - quartered
- 1 ½ - 2 Cups Chopped Broccoli Florets
- ¾ Cup Sliced Baby Portabella Mushrooms
- ½ Teaspoon Himalayan Sea Salt

Instructions:

1. In a mini food processor add pumpkin seeds, basil, garlic and salt.
2. Slowly add olive oil until smooth. Set aside until veggies and pasta are ready.
3. In the meantime, prepare gluten free brown rice pasta according to directions. Reserve ½ cup of the liquid before completely draining.
4. In large/deep sauté pan, add olive oil. Warm up on medium heat.
5. Add garlic and let cook 30-45 seconds – want it to turn slightly golden. Add tomatoes to pan and let cook 2 minutes.
6. Add broccoli and cook 2 minutes. Then add mushrooms. Add 1-2 TBSP of pesto to pan and stir in with veggies.
7. Season with sea salt and add vegetable broth to help soften veggies.
8. Allow the broccoli to have a crunch still. Add reserved liquid, pasta and remaining pesto sauce to pan. Stir on low heat until all veggies and pasta are coated.

***Try and use all organic ingredients if possible. ChristiHealthCoach.com**