

SPINACH PESTO PASTA WITH BROCCOLI AND SHRIMP

Serves 6

Ingredients

Spinach pesto

Note: This recipe yields about 2 cups of pesto, but only 1 cup is needed. Use the additional pesto as a garnish, freeze it or use it in other recipes.

- 4 cups fresh **spinach**, packed
- 1 cup fresh **basil leaves**, packed
- 1/2 cup grated **Parmesan cheese**
- 1/2 cup **unsalted cashews, walnuts** or, for nut-free pesto, **sunflower seeds**
- 1/4 cup **olive oil**
- 1/4 cup freshly squeezed **lemon juice**
- 1 **garlic clove**
- 1/2 teaspoon **salt**
- **Optional:** 2 to 3 tablespoons water

Additional ingredients

- 12 ounces whole wheat, chickpea or gluten-free **pasta** (any shape)
- 1 cup **broccoli florets**, cut into bite-size pieces
- 2 teaspoons **olive oil**
- 1 pound **shrimp**, peeled and deveined
- 1 teaspoon **garlic powder**
- 1 cup **cherry tomatoes**,* halved
- **Optional:** Parmesan cheese, fresh basil

**Safety note: If you're serving grape or cherry tomatoes to children younger than 4 years of age, cut them into quarters to reduce choking risk.*

Nutrition Facts*

1 serving

Calories: 400

Protein: 23 grams

Total Carbohydrates: 52 grams

Dietary Fiber: 7 grams

Total Fat: 14 grams

**Nutrition facts are an estimate and vary based on serving size.*

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Directions

- 1 Prepare the spinach pesto:** In a blender or food processor, combine spinach, basil, Parmesan cheese, nuts or seeds, olive oil, lemon juice, garlic clove and salt. Blend, stopping throughout to scrap down the sides, until the pesto is thick and smooth. If needed, add 1 tablespoon of water at a time until you reach your desired consistency. Set aside.
- 2 Cook the pasta and broccoli:** In a large pot, boil the pasta according to package directions. During the last 2 minutes of the pasta's cook time, blanch the broccoli by adding it directly to the pot with the pasta. Drain the pasta and broccoli in a strainer. Then, pour the pasta and broccoli into the empty pot, and toss with 1 cup of pesto until coated. Set aside.
- 3 Cook the shrimp:** Heat 2 teaspoons of olive oil in a large pan over medium heat. In a medium bowl, season the shrimp with garlic powder. Add the seasoned shrimp to the preheated pan and sauté for 2 to 3 minutes on each side (until the shrimp turn pink and are fully cooked). Remove the shrimp from the pan and add them to the pot with the pesto pasta.
- 4 Sauté the tomatoes:** In the same pan used to cook the shrimp, add a drizzle of olive oil (if needed) and add the cherry tomatoes, sautéing for 2 minutes until they're slightly softened. Add the tomatoes to the pot with the pesto pasta.
- 5 Serve:** Toss all ingredients (pasta, broccoli, shrimp and tomatoes) until everything is evenly coated in pesto. Garnish with extra pesto, Parmesan cheese and fresh basil. Alternatively, serve the pesto, pasta and broccoli, shrimp, and tomatoes separately so that each person can build their own plate.



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