



# Nut-Free Pesto Pasta

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Servings: 2  
Serving Size: 155 g  
Protein Per Serving: 1.3 g protein  
Calories Per Serving: 130 calories

## Ingredients:

- 75 g Aproten Linguine
- 1 TBSP Cambrooke Alfredo Sauce Mix
- 1 TBSP Butter
- 1/3 c. non-dairy creamer
- 1.5 tsp Nut – free pesto (**below**)

## Directions:

1. Cook pasta according to directions and set aside
2. In a small skillet add the creamer and 1 TBSP butter. Place skillet over medium heat and heat until butter melts.
3. Add the alfredo mix and lightly whisk until sauce thickens.
4. Add nut-free pesto and whisk to combine.
5. If sauce is too thick, add a little more creamer until desired thickness is reached. (Adjust protein content)
6. Toss pasta in the sauce and serve immediately.

## Nut-Free Pesto Sauce

Servings: 15.5  
Serving Size: 2 TBSP  
Protein Per Serving: 0.2 g protein  
Calories Per Serving: 39 calories  
Methionine per recipe: 46 mg

## Ingredients:

- 70 g Spinach, fresh, torn
- 20 g Fresh Basil Leaves
- 4 TBSP. Olive Oil
- 30 g Parmesan Style Cheese, Shredded

## Directions:

1. Place the spinach, basil and two tablespoons of the olive oil in a food processor. Pulse until the spinach and basil is finely chopped. If it seems a little dry, add the last two tablespoons of olive oil and pulse until combined. Next add the Parmesan cheese and pulse just until combined.
2. To store, place pesto in a glass jar fitted with a lid. Refrigerate up to a week or freeze up to 3 months. You can also freeze in ice cube trays to make portions easier to use.

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