Rigatoni with Roasted Red Pepper Pesto, Broccoli & White Beans

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Makes: 12 (1 cup) Servings
*Kidney Friendly Recipe

Prep Time: 20 min
Cook Time: 10 min
Total Time: 30 min

Ingredients

- 1 (17.6 oz) Package Flavis Rigatoni Dry Pasta, cooked according to package directions

Pesto

- 1 (16 oz) Jar Roasted Red Peppers, Drained and Rinsed or 4 Roasted Red Peppers*See notes above for roasting your own peppers
- 2 Cloves Garlic
- ½ Cup Pine Nuts, Toasted
- ½ Tsp Black Pepper
- ½ Tsp Salt
- 2 Tbsp Lemon Juice (~1 Lemon)
- Zest of 1 Lemon
- ½ Cup Olive Oil
- 2 Tbsp Fresh Basil, Chopped

Veggie Sauté

- 3 Cups Broccoli Florets
- 1 Medium Purple Onion, Chopped
- 1 (15 oz) Can White Beans (No Added Sodium), Drained & Rinsed
- 1 Tbsp Olive Oil
- ¼ Tsp Garlic Powder
- Pinch of Salt & Pepper (~1/4 Tsp)
- ½ Cup Parmesan

Garnish

- 1 Tbsp Fresh Chopped Parsley

Directions

1. Cook the pasta according to package directions.
2. Meanwhile make the pesto sauce by placing the roasted red peppers, garlic, salt and pepper, olive oil and toasted pine nuts (see note below), in a food processor and puree until smooth.
3. Remove the sauce from the food processor into a small bowl. Stir in the chopped basil, lemon juice and lemon zest and set aside.

4. In a large skillet heat the olive oil over medium high heat and add the purple onion and broccoli florets. Cook stirring occasionally for 5-6 minutes or until the onions and broccoli begin to soften. Stir in the beans, garlic powder, salt and pepper and parmesan cheese and remove from heat.

5. Combine the cooked pasta, pesto sauce and veggie sauté. Garnish with freshly chopped parsley and enjoy.

Notes

To toast the pine nuts place in a dry skillet over medium heat and stir frequently until they begin to release their oils and aroma, ~1-2 minutes.

Nutrition Facts

Serving Size (1 Cup):

Calories 345, Total Fat 15 g, Monounsaturated Fat 8.6 g, Saturated Fat 2.1 g, Polyunsaturated Fat 3.2 g, Sodium 318 mg, Total Carbohydrate 49 g, Dietary Fiber 6 g, Protein 5 g, Potassium 342 mg, Phosphorous 110 mg.