

Edamame Pesto Pasta

Ingredients:

- 2 garlic cloves
- 1 cup basil, chopped
- ¼ cup cilantro leaves, chopped
- 14 oz. edamame, shelled
- ½ cup low sodium vegetable broth
- 2 tbsp. lemon juice
- 1 tsp. extra virgin olive oil
- ¾ tsp. Salt
- 2 tbsp. nutritional yeast flakes
- 10 oz. whole wheat linguine
- 1 tsp. extra virgin olive oil
- 1 red onion, chopped
- ½ lb. mushrooms
- 2 garlic cloves
- 1 tsp. thyme
- ⅛ tsp. salt
- 1 spring basil



Directions:

1. Bring a pot of water to a boil.
2. Then prepare the pesto: Pat dry the basil, cilantro and edamame. Place garlic and basil in food processor and pulse a few times to get it chopped up.
3. Add the remaining ingredients (cilantro, edamame, vegetable broth, lemon juice, olive oil, salt and nutritional yeast) and blend until relatively smooth, scraping down the sides with a spatula to make sure you get everything. Add a little more vegetable broth if it seems too stiff. Set aside until ready to use.
4. Preheat a large pan over medium heat. At this point your pasta water should be ready, so add the linguine.
5. Sauté onion in oil for about 5 minutes. Use a splash of water if pan becomes dry. Mix in mushrooms, garlic, thyme and salt.
6. Cover pot and cook 5 more minutes, stirring occasionally.
7. The pasta should be ready now, so drain it.
8. When the mushrooms have cooked down, add pasta to the pan, along with the pesto. Use a pasta spoon to stir and coat the linguine. Get everything good and mixed and the pesto heated through, about 3 minutes. The pesto should be relatively thick, but if it's too thick (not spreading out and coating the pasta) add a few tablespoons of water. Serve immediately, garnished with a little fresh chopped basil.

Nutrition Facts	
Serving Size 1 cup (227g)	
Servings Per Container 5	
Amount Per Serving	
Calories 360	Calories from Fat 80
<small>% Daily Value*</small>	
Total Fat 9g	14%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 420mg	18%
Total Carbohydrate 52g	17%
Dietary Fiber 7g	28%
Sugars 4g	
Protein 18g	
Vitamin A 20% • Vitamin C 20%	
Calcium 8% • Iron 20%	
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories: 2,000 2,500</small>
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	