

# Arugula Pesto Pasta

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*Serves 4*

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Nutritious and zesty arugula pesto is tossed with whole-grain pasta and topped with cashew "ricotta" and fiddlehead ferns. This recipe is whole food plant based, oil-free, and heart healthy.

## INGREDIENTS

For the arugula pesto:

- 5 oz arugula
- 4 T pine nuts
- 2 cloves garlic
- 4 T nutritional yeast
- 10 grinds of black pepper
- 1/2 t salt
- 1/2 cup water

For the pasta:

- 1 box of whole grain pasta (such as whole wheat pasta, chickpea pasta, spelt pasta, lentil pasta)
- 1 batch cashew ricotta
- Fiddlehead ferns (optional)
- Whole wheat sourdough bread, for serving (optional)

## DIRECTIONS

1. Make the cashew cheese.
2. Make the pesto: combine all pesto ingredients into the blender or food processor. Turn on, then slowly add water. Adjust the consistency if desired. It can always be thinned out once the pasta is cooked, so it's better to make it on the thicker side initially.
3. Boil water to cook the fiddlehead ferns (if not using, skip this step). Salt the water with 1 tsp sea salt. Once boiling, add the fiddleheads and boil for 10 minutes. It is important to thoroughly cook fiddleheads. Drain and set aside.

4. Boil water to cook pasta. Salt the water with 1 T sea salt and cook pasta according to package directions. Before draining, reserve 1 cup of the pasta water and set aside. Drain the pasta and return to the pot. Add the pesto and toss to combine. Add reserved pasta water if needed to thin out the pesto sauce.
5. Serve pasta with a dollop of the cashew ricotta, the fiddlehead ferns on top, and the sourdough bread on the side.

**NOTE:** If fiddlehead ferns are not available, try substituting roasted cherry tomatoes. Place cherry tomatoes on a baking sheet and bake under the broiler until softened and skin is lightly browned.