

Pasta with Asparagus and Lemon Balm Pesto

This was a delicious meal which will probably be our last of the asparagus season. The lemon balm pesto was delicious.

for the pasta:

- 2 cups wholewheat penne
- 1 bunch fresh asparagus
- 1 cup lemon balm pesto

for the pesto:

- 2 cups fresh lemon balm leaves
- 1 cup fresh parsley leaves
- 2 cloves garlic
- ¼ cup raw cashews, soaked
- ¼ cup olive oil
- ¼ cup nutritional yeast
- juice of 1 lemon
- salt and pepper to taste

Method

- 1. to make the pesto:** Place the lemon balm, parsley, oil and lemon juice in a food processor or blender and pulse to puree.

- 2.** Drain the cashew nuts, add to the food processor and pulse again to puree.

- 3.** Add the garlic, nutritional yeast and any liquid that may be needed to aid the machine.

- 4.** Season to taste with salt and pepper.

- 5. to make the pasta:** Clean and cut the asparagus into 1-2 inch pieces..



Servings/Yield

2 servings

Difficulty



Categories

Condiments, Healthy, High Fiber, Pasta, Sauces, Vegan

6. Place in a small pot of boiling water and cook al dente.

7. Bring a large pot of lightly salted water to boil and cook the pasta.

8. Drain the asparagus when done, and plunge into cold water to stop the cooking process.

9. When the pasta is done, drain.

10. Add the lemon balm pesto and mix well.

11. Add the asparagus and carefully mix.

12. Serve the pasta in individual bowls.

Notes



The pesto makes a delicious sandwich spread or dip for vegetables also.

