



## Easy Spinach Pesto Pasta



Photo: Shibani Mishra

This Easy Spinach Pesto Pasta is fresh, colorful, and packed with flavor. It mixes pasta with a pesto sauce made from spinach, basil, Parmesan cheese, and toasted nuts. It's a healthy meal that tastes gourmet in just a few minutes.

BY **HB Test Kitchen**

**Servings:** 4 | **Difficulty:** Easy

**PREP TIME:** 10 minutes + **COOK TIME:** 15 minutes

**TOTAL TIME:** 25 minutes

## Ingredients

### For the pasta:

12 oz (340 g) pasta of your choice (penne, fusilli, or spaghetti)

1 cup fresh baby spinach leaves (packed)

½ cup fresh basil leaves

⅓ cup grated Parmesan cheese

⅓ cup olive oil

¼ cup walnuts or pine nuts (lightly toasted)

2 garlic cloves

Juice of ½ lemon

Salt & pepper to taste

**Optional garnish:** Extra Parmesan, cherry tomatoes, or fresh basil.

## Directions

- 1 Cook pasta** according to package instructions until al dente. Reserve ½ cup pasta water, then drain remaining water from the pasta.
- 2 Make pesto:** In a food processor, combine spinach, basil, Parmesan, nuts, garlic, and lemon juice. Pulse until blended.
- 3 Add olive oil** slowly while blending until smooth. Season with salt & pepper.
- 4 Combine:** Toss hot pasta with pesto, adding reserved pasta water a little at a time for a silky texture.
- 5 Serve:** Top with extra Parmesan and fresh tomatoes if desired.

## Tips & Substitutions:

**TIP** - make pesto while the pasta is cooking to save time.

### Side Dish Suggestions

- **Garlic bread** or warm focaccia
- **Mixed greens salad** with balsamic vinaigrette
- **Roasted vegetables** (zucchini, bell peppers, or asparagus)

- **Caprese salad** with mozzarella, basil, and tomatoes



## Storage Tips

- Store leftover pasta in an airtight container in the fridge for **up to 3 days**.
- Reheat gently with a splash of water or olive oil to prevent drying.
- Pesto can be made ahead and frozen in ice cube trays for **up to 3 months** — thaw and stir into hot pasta.



## Nutritional Info (per serving, approx.)

- Calories: **430 kcal**
- Protein: **12 g**
- Carbs: **45 g**
- Fat: **22 g**
- Fiber: **4 g**
- Sodium: **220 mg**

*(Values may vary based on pasta type and toppings.)*

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