



PESTO LINGUINE

September 15

National Linguine Day

INGREDIENTS

- 1 Pound Linguine (enriched or whole grain-rich)
- ¾ Cup Cashews or Pine Nuts
- 2 Cups Fresh Basil Leaves
(tightly packed; plus extra for garnish)
- 3 Garlic Cloves (minced)
- ½ Cup Olive Oil
- 1 Tablespoon Lemon Juice
- 2 Teaspoons Salt
- ¼ Teaspoon Black Pepper

DIRECTIONS

1. Cook the pasta according to the package directions.
2. While the pasta is cooking, place the cashews or pine nuts into a food processor or blender and process them until they are finely ground.
3. Next, add fresh basil, crushed garlic, olive oil, lemon juice, salt, and pepper.
4. Process the mixture until it becomes combined but slightly chunky.
5. Taste and adjust the seasoning if necessary to suit your preference.
6. Add the prepared cashew pesto to the warm pasta in the pot.
7. Toss the pasta and pesto together until well combined and the pasta is evenly coated with the sauce. Serve immediately.

MEAL PATTERN CONTRIBUTION



MEAL TYPE



YIELD

8 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
¼ Cup	¼ Cup	½ Cup	1 Cup