

# Favourite Recipes



## Pesto Pasta in 15 Minutes

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*Pesto is laden with antioxidants. In addition, garlic, basil, olive oil, and pine nuts are rich in antioxidants, which contribute to a healthy body to protect against such risks. And a study shows that basil is a rich source of nutrients like Vitamin A, Vitamin C, calcium, phosphorus, and beta-carotene*

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SERVINGS 4

PREP TIME/ COOK TIME 15 MIN

### INGREDIENTS

- 1 package (16 oz.) spaghetti
- 1 cup store-bought pesto (check your deli aisle)
- 1/2 cup shredded Parmesan cheese
- Crushed red pepper flakes, optional

### DIRECTIONS

1. Cook the pasta according to the package directions. Drain, reserving 1 cup of pasta water.
2. Tip: Don't forget the salt! That's right, a teaspoon of salt per 1 lb of pasta is added to your boiling water. Salt is added to the cooking water to not only flavour the noodles but also reduce their gelation and stickiness.

Make the pesto pasta sauce.

1. In a large bowl, whisk the pesto and 1/3 cup pasta water. Add the cooked spaghetti and toss to coat. Adding the starchy pasta water to the pesto loosens up the sauce a bit and makes it go further in your dish.
2. Adjust the sauce if necessary. Add more pasta water to reach your desired consistency. If you want a more concentrated sauce for the noodles, stick with less water.
3. Sprinkle with cheese and serve.
4. If desired, use red pepper flakes for a little kick.

Options:

If you are looking to increase protein in your diet, consider adding cooked chicken or spoil yourself with cooked shrimp!