

Pesto Tortellini



INGREDIENTS

(Serves 4-6. 15-minute prep time; 15-minute cook time.)

- 1 pound frozen cheese tortellini
- 1 basket cherry tomatoes, washed and halved
- 1 cup basil pesto (use recipe below or buy prepared pesto)
- 1 cup shredded Parmesan cheese

PREPARATION

1. Cook the tortellini as directed and drain.
2. Toss the tortellini with the basil pesto and tomatoes.
3. Garnish with the shredded cheese.

Basil Pesto

Ingredients

- 2 cups loosely packed fresh basil leaves, washed and dried
- 1/3 cup pine nuts or almonds
- 2 cloves garlic
- 1/2 cup Parmesan cheese, shredded
- 1/2 cup olive oil
- salt and pepper to taste

Preparation

1. In a food processor, chop the garlic, basil, pine nuts, cheese, salt and pepper.
2. Slowly add the olive oil to form a thick paste.

RUSH HOUR RECIPES

Pesto Tortellini

SHOPPING LIST

Produce

Cherry tomatoes

Fresh basil

Grocery

Frozen cheese tortellini

Pine nuts or almonds

Olive oil

Dairy

Parmesan cheese

SERVING SUGGESTION

Serve with Caesar salad and crusty bread.

NUTRITIONAL INFORMATION

Per Serving: 679 calories, 39 g. fat, 81 mg. cholesterol, 59 mg. carbohydrate, 15 g. dietary fiber, 30 g. protein, 814 mg. sodium.

The nutritional values and information provided are approximations.

This Rush Hour Recipe courtesy of:

Recipe Courtesy of Hanover Food Co-op, Hanover, N.H.

