

NYBG

EDIBLE ACADEMY SUMMER SOLSTICE WEEKEND

SPINACH PESTO PASTA WITH SPRING PEAS AND SPINACH PESTO PANINI

Prepared for the Edible Academy Solstice Weekend by
Marion Williams of Wellness In the School (WITS)

Spinach-Basil Pesto

Yield: 1 cup

Ingredients

- 3 teaspoons grated lemon zest, plus 3 Tablespoons juice
- 2 cups (packed) fresh basil (about 1 large bunch)
- 3 cups (packed) spinach, stems removed (about 1 ¼ lb spinach)
- ⅓ cup grated parmesan cheese
- 2 cloves garlic, peeled
- 2 lemons, juiced
- ½ teaspoon salt
- ⅓ cup olive oil

Instructions

Put basil, spinach, parmesan cheese, garlic, lemon juice and salt in a food processor.

With a food processor running, add olive oil in a steady stream until pesto reaches a smooth consistency. Pesto can be used immediately in dishes such as below recipes or transferred to a container for storage in a refrigerator for up to a week.

Spinach Pesto Pasta with Spring Peas

Yield: 4-6 portions

Ingredients

- 1 pound whole wheat penne or rotini
- ½ pound spring peas, fresh or frozen
- 1 can (15 oz size) small white beans or cannellini beans, rinsed and drained
- ½ cup packed spinach, for garnish



Instructions

In a pot of salted and boiling water, cook pasta according to package instructions until pasta is al dente.

Set up a small pot of boiling water. In a steamer basket, steam peas for 1 minute. Immediately rinse with cold water.

Add pesto, cannellini beans, and steamed green peas. Gently toss to incorporate, and cook for one additional minute to heat peas and beans through.

Right before serving, add spinach to pasta to garnish.

Spinach Pesto Panini

Yield: 8 sandwiches

Ingredients

- 16 pound slices whole grain panini bread
- 1 pound shredded mozzarella cheese
- 4 medium-sized tomatoes, cored and cut into ¼ inch slices
- 1 cup spinach-basil pesto (recipe above)

Instructions

Spread 1 ½ tablespoons of pesto on one piece of panini bread.

Place three slices of tomato and ¼ cup shredded mozzarella on top, then top with the second slice of panini bread.

Using a panini machine, press panini until cheese is melted and bread is toasted, about 2-3 minutes. Paninis can also be toasted in a preheated 375°F oven on a sheet pan sprayed with oil. Turn over after 3 minutes, then remove from oven and immediately serve when cheese is melted.