

# UC-VEG

## Umpqua Community Veg Education Group

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## Dr. Greger's Eight Check-Mark Pasta

### Ingredients:

- 2 cups fresh basil leaves
- ¼ cup freshly toasted walnuts or pumpkin seeds
- 2 cloves fresh garlic
- ¼ of a peeled lemon
- ¼ tsp lemon zest
- ¼ inch of fresh turmeric root or ¼ tsp turmeric powder
- ½ cup no-salt canned pinto beans
- ¼ cup of water or liquid from bean can
- 1 Tbsp white miso
- Pepper to taste
- 4 cups Kale
- 4 oz of whole-grain Spaghetti
- ¼ cup Nutritional yeast

\*2 servings

Rinse all the produce. Finely chop the kale. Peel the garlic. Drain and rinse the canned beans.

Cook pasta according to directions on the package. Just before pasta is cooked, add chopped kale to the boiling water to wilt. Drain pasta and kale.

In a food processor or blender, combine basil, walnuts/pumpkin seeds, garlic, lemon juice, turmeric powder, beans, water, miso paste, and pepper, to taste. Blend until smooth, drizzling in extra water as needed to reach a sauce-like consistency. Top hot pasta and kale with pesto. Toss to coat, sprinkle with nutritional yeast, and enjoy!