

# Pasta with Spinach Pesto

Haven't had spinach pesto before? Neither had we, but once we tried it we were hooked. It gives a layer of flavor to the classic basil pesto that we love, to say nothing of the extra vitamin boost. We're making our version with plenty of lemon to keep things bright and mixing it up with roasted cauliflower bits, toasted pecans and whole wheat pasta. Yum!

**35** *Minutes to the Table*

**5** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Saucepan  
Rimmed Baking  
Sheet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Cauliflower  
Whole Grain Pasta  
Spinach Pesto  
Pecans  
Parmesan Cheese

## Make The Meal Your Own

**Cooking with a picky eater?** This dinner is a crowd pleaser. If you want to sneak the cauliflower in, though, you could puree it instead of leaving it whole.

**Omnivore's Option** – Pancetta or bacon is delicious with this dinner.

**Want to get a jump on dinner?** Roast the cauliflower ahead of time. When you're ready to eat, reheat it in the microwave until warm.

## Good To Know

**If you're making the gluten-free version**, we've given you gluten-free pasta.

**If you're making the vegan version**, we've left the Parmesan out of your meal. Just use an extra pinch of salt and pepper as you cook.

**Health snapshot per serving** – 620 Calories, 23g Protein, 12g Fiber, 19 Smart Points

**Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Cauliflower, Whole Grain Pasta, Spinach, Pecans, Parmesan Cheese, Olive Oil, Lemon, Basil, Garlic, Spices

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## 1. Getting Organized

Preheat your oven to 450 and put a saucepan of water on to boil.

## 2. Roast the Cauliflower

Put the **Cauliflower** on to a rimmed baking sheet, drizzle with olive oil and sprinkle with salt and pepper. Toss well and arrange in a single layer. Bake until the cauliflower is golden brown in places, about 15 to 25 minutes; stir once or twice while it's cooking.

*We line our baking sheets with parchment paper to make clean up a breeze.*

## 3. Cook the Pasta

While the cauliflower is roasting, salt the pasta water generously, add the **Whole Grain Pasta** and cook until al dente, 7 to 9 minutes. Reserve 1 cup of pasta water. Drain the pasta and then return to the pan.

*When we say "salt generously," we mean it. Chef Max says it should taste like salt water.*

## 4. Put It All Together

Add the **Spinach Pesto** along with 1 to 2 Tbsp of olive oil to the cooked pasta. Mix well, then add some of the reserved pasta water if you'd like the sauce looser.

*Don't skip the olive oil! It brings out the flavors of the pasta.*

Mix in the roasted cauliflower, **Pecans** and salt and pepper to taste. Top with **Parmesan Cheese**.

*Love this recipe? #meezmagic*

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois \***