



Pea Pesto Pasta

Fresh veggies and pasta tossed in vibrant pesto—light and flavorful.

SERVING
SIZE:
2

CALORIES/
SERVING:
670

PROTEIN/
SERVING:
26g

INGREDIENTS

- 1 can Chickpeas
- 2 cups Rotini Pasta
- $\frac{3}{4}$ cup Pesto
- 1 Red Onion
- 1 Red Bell Pepper
- $\frac{1}{2}$ cup Sugar Snap Peas
- 7 each Grape Tomatoes

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Nutrition And
Recipe Info.



BOIL

1. In a medium size pot, bring 6 cups of water to a boil.

ADD

1. Add rotini pasta and cook to desired doneness, 7-9 minutes. Reserve $\frac{1}{3}$ cup pasta water. Drain pasta and set aside.

ADD

1. In a medium size pot or pan, heat 2 Tbsp cooking oil over medium-high heat.

ADD

1. Once oil is hot, add in the diced red onion, bell pepper, sugar snap peas and grape tomatoes. Saute for 3-5 minutes. Reduce heat to medium-low.

STIR

1. Stir in the reserved pasta water and Pesto. Season to taste with Salt and Pepper.

FOLD

1. Fold in cooked rotini and enjoy.

ENJOY

1. Season to taste with salt and pepper or other spices of your choice.
2. Enjoy

