

## Pesto Pasta Salad with Shrimp

Serves 6-8.

### Ingredients

4 cups uncooked pasta  
1 cup fresh basil pasta  
2 tbsp olives or olive tapenade  
¼ cup pine nuts  
1 cup peas  
12 ounces cherry tomatoes, halved  
Several fresh basil leaves, coarsely chopped  
1 tbsp olive oil  
Salt and pepper

### Method

1. Cook pasta according to instructions on package. Remove pasta from heat and strain when pasta is cooked but still firm (al dente.)
  2. Put pasta in a big bowl. Mix in *fresh basil pesto*, green olives, and pine nuts. Gently mix in tomatoes, peas, fresh basil leaves and olive oil. Salt and pepper to taste. Chill or serve at room temp.
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## Fresh Basil Pesto

Makes 1 cup.

### Ingredients

2 cups fresh basil leaves, packed  
½ cup freshly grated Parmesan-Reggiano or Romano cheese  
½ cup extra virgin olive oil  
1/3 cup pine nuts  
3 garlic cloves, minced  
Salt and fresh ground black pepper to taste

### Method

1. Combine the basil in with the pine nuts, pulse a few times in food processor. Add garlic, pulse a few more times.
2. Slowly add the olive oil in a constant stream while the food processor is on. Stop to scrape down the sides of the food processor with rubber spatula. Add the grated cheese and pulse again until blended. Add a pinch of salt and pepper to taste.

Simply Recipes <http://simplyrecipes.com>

# Nutrition Facts

Serving Size approx 1 cup

Servings Per Container

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## Amount Per Serving

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**Calories** 490    **Calories from Fat** 240

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% Daily Value\*

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**Total Fat** 27g **42%**

    Saturated Fat 4.5g **23%**

    Trans Fat 0g

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**Cholesterol** 120mg **40%**

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**Sodium** 670mg **28%**

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**Total Carbohydrate** 38g **13%**

    Dietary Fiber 4g **16%**

    Sugars 4g

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**Protein** 26g

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Vitamin A 20%    •    Vitamin C 15%

Calcium 15%    •    Iron 20%

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\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300 mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

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Calories per gram:

    Fat 9    •    Carbohydrate 4    •    Protein 4