4-Ingredient Pesto Pasta

**SERVINGS:** 2  
**PREP TIME:** 5 min  
**COOK TIME:** 10-15 min

**INGREDIENTS**
1 cup (4 oz) of your favorite pasta  
1 tsp olive oil  
2-3 cups fresh greens (try spinach, collard, or kale)  
1/2 can white beans or chickpeas  
1-2 Tbsp of pesto  
Optional topping: red pepper flakes

**PREPARATION**
1. Cook pasta according to package directions. Drain and set aside.  
2. Heat a large pan over medium-high heat. Once heated, add olive oil and greens, stir and cook for 1-2 minutes, or until almost fully wilted.  
3. Turn heat down to medium and add cooked pasta, beans and pesto. Stir and cook for an additional 1-2 minutes until greens are fully wilted.  
4. Serve, top with red pepper flakes (if desired), and enjoy!  
5. Store leftovers in an air-tight container in the fridge and enjoy within four days.

**Recipe notes & substitutions:**
- Smaller pasta shapes like shells or bow-tie work well for this recipe  
- In place of the greens, you can substitute 1 cup of your favorite fresh, frozen or canned veggies  
- Swap your favorite alternative sauce of choice in place of the pesto  
- This recipe is great for meal prep- just double it to have quick and easy meals during the week!

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Quick & Easy Veggie Pasta Formula

**INGREDIENTS**  
*Choose one from each category:*

**CARB**  
2 cups (8 oz) of your favorite pasta, such as rotini or penne  
(choose whole grain for added fiber)

**PROTEIN**  
1 can chickpeas or beans  
2 cups lentils, edamame, or peas  
8 oz leftover chicken or beef  
8 oz tofu, cooked  
2 cans tuna or salmon  
2/3 cup cheese of choice

**VEGGIES**  
3 cups fresh greens (spinach, bok choy, collard greens, kale)  
2-3 cups of fresh, frozen or canned veggies of choice, such as broccoli, mushrooms, tomatoes, okra, bell peppers, asparagus, or olives

**SAUCE**  
1/2 cup marinara, alfredo or other favorite sauce  
1/4 cup pesto  
1/4 - 1/2 cup hummus

**PREPARATION**

1. Cook pasta according to package directions. Drain and set aside.
2. In medium-large pan over medium-high heat, sauté veggies with a small amount of oil.
3. If protein choice needs to be reheated, add to pan when veggies are almost done. Continue cooking until veggies are softened and protein is heated through.
4. Add sauce to pan and and let simmer for 2-3 minutes. Turn off heat and stir in cooked pasta.
5. Serve and enjoy! Store leftovers in the fridge for up to 4 days.

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