

Green Pea Pasta with Pecans, Basil, & Greek Yogurt



Packed with protein and fiber, this is a delightfully creamy pasta dish with a bright color and rich flavor.

YIELD 8 SERVINGS	PREP TIME 10 MIN	TOTAL TIME 30 MIN
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INGREDIENTS

For the Pasta:

12 oz Whole Wheat Penne Pasta
2 cloves Garlic, peeled
1 cup Frozen Peas, thawed
½ tsp Olive Oil

For the Sauce:

2½ cups Greek Yogurt, non-fat, plain
¾ cup Frozen Peas, thawed
3 Tbsp Olive Oil
½ tsp Kosher Salt
¼ tsp Black Pepper

For the Topping:

1 Tbsp Olive Oil
⅓ cup Pecans, chopped
2 tsp Red Pepper Flakes
To Taste Smoked Paprika
½ cup Basil, chiffonade
3 oz Feta, crumbled

CHEF'S NOTES

This quick and easy pasta gets an extra touch of creaminess by blending peas directly into the sauce!

If you prefer to use fresh peas, steam until soft before adding to your dish. You can also substitute steamed shelled edamame in place of the frozen peas.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Bring a large pot of water to a boil. Add pasta and garlic. Cook pasta until al dente – about 9 minutes. Add one cup of peas. Drain pasta. Remove garlic and set aside. Toss pasta and peas with ½ tsp olive oil, set aside
3. Make the sauce: In a blender, add the cooked garlic, Greek yogurt, ¾ cup peas, 3 Tbsp olive oil, salt, and black pepper. Start the blender on low and gradually increase to high speed. Blend until smooth, scraping down the sides of the blender as necessary. Transfer the sauce to a medium bowl and set aside.

4. *Make the topping:* In a small sauté pan, heat 1 Tbsp olive oil over medium heat. Add the pecans, red pepper flakes, and smoked paprika. Stir occasionally, until fragrant and brown, about 3-4 minutes. Pay close attention as they can go from golden brown to burnt very quickly. Transfer toasted pecans to a glass or metal bowl and set aside to cool.
5. Gradually stir the reserved yogurt-pea sauce into the cooked pasta with peas. Gently stir in the feta and basil. Finish the dish by topping it with toasted pecans.

Nutrition Facts	
8 servings per container	
Serving size	1 cup (167g)
Amount Per Serving	
Calories	330
% Daily Value*	
Total Fat 14g	18%
Saturated Fat 2g	10%
<i>Trans Fat</i> 0g	
Cholesterol 10mg	3%
Sodium 300mg	13%
Total Carbohydrate 39g	14%
Dietary Fiber 5g	18%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 17g	34%
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 2mg	10%
Potassium 340mg	8%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

CONTAINS: MILK, WHEAT, PECAN

Recipe adapted from Health meets Food "Green Pea Pasta with Pecans, Basil, and Greek Yogurt" (11/20/17)



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