

Whole Grain Pesto Pasta With Roasted Tomatoes

Yield: 8 servings

Ingredients

16 ounces whole grain pasta; penne or bowtie
 6 cups broccoli; cut into bite-sized pieces
 3 cups water
 1½ pints grape tomatoes; keep whole
 22 ounces cannellini beans; rinsed and drained (1 ½ -15 oz cans)
 1 teaspoon kosher salt
 ¾ teaspoon black pepper; ground
 1 tablespoon olive oil
 1 ¾ pounds chicken breast; skinless, cut into 1-inch cubes
 ½ teaspoon red pepper flakes
 1 cup dry white wine

Instructions

1. Preheat the oven to 400 degrees.
2. In a large pot, bring 3 quarts of water to a boil. Add pasta and cook until al dente (10 to 12 minutes).
3. Strain and set aside.
4. Toss the tomatoes with the olive oil and spread on a sheet tray. Place tomatoes in the oven and cook until they get soft and browned, about 15 minutes, flipping once during cooking. Remove from oven and set aside.
5. Add broccoli to boiling water and cook for about 2 minutes, until bright green, but not mushy. Remove broccoli and place in an ice bath to halt the cooking process. Set aside.
6. Prepare pesto (see separate recipe).
7. In a large sauté pan, heat oil over medium-high heat. Add the chicken and brown each side. After 4 minutes, add the red pepper flakes. Cook until the chicken reaches an internal temperature of 165 degrees. Remove from pan. Set aside.
8. To deglaze, add white wine to the pan and scrape the bottom with a wooden spoon. Allow the wine to reduce by half.
9. Toss the pasta, broccoli, pesto, tomatoes, white beans, salt and pepper with the chicken in the deglazed pan. Add water or stock as needed to make a creamy sauce. Serve immediately.

Nutrition Information

Serving Size: 1½ cups

Calories: 495
 Total Fat: 7.4 g
 Saturated Fat: 1.3 g
 Monounsaturated Fat: 0.0 g
 Sodium: 328.8 mg
 Total Carbohydrate: 68.7 g
 Dietary Fiber: 16.5 g
 Sugars: 6.3 g
 Protein: 40.1 g

Source: Goldring Center for Culinary Medicine

Presented by
Culinary Medicine

