

Broccoli Pesto Pasta (dairy free)

1.5lb broccoli

16oz whole wheat pasta (or GF pasta like quinoa pasta)

2tbsp coconut oil

1 sweet onion, diced

3 garlic cloves, minced

1/4tsp red pepper flakes

1.5tbsp nutritional yeast

1tsp salt

1/2c coconut yogurt

almond milk option *see below

Put a large pot of water on high heat (I use my medium stock pot).

Cut up the broccoli into florets and the stems into 1/2" round sections. Once water is boiling add the broccoli and simmer for 7-10min until broccoli is fork tender. Using a slotted spoon transfer broccoli to a food processor. Add the pasta to the hot water and follow package directions to cook (whole wheat pasta usually takes a minute or two longer than regular, and gluten free types have various cooking times.) Drain cooked pasta into a colander.

Add the onion and oil to the pot and sauté until translucent. Then add the garlic and stir for another 2 minutes.

Pulse the broccoli in the food processor until coarsely chopped, add the onion mixture, red pepper flakes, nutritional yeast, salt, and yogurt. Continue to pulse, scraping down the sides as needed until pesto consistency is achieved. If the mixture is too thick add almond milk in small quantities until thinned out. *Remember it should be pesto consistency so don't add too much!*

Turn the food processor out into the pot and warm the mixture on low, stirring consistently until heated through. Rinse the pasta in hot water and add to the pesto in the pot. Voila dinner! And only one pot (and a processor) to clean!