

Quinoa Pasta with Salsa Verde, Gremolata and Tomatoes

Servings: 4

Ingredients

1 package gluten-free quinoa spaghetti
~1 teaspoon olive oil
1 tablespoon chopped onion
1 teaspoon minced garlic
1 fresh diced tomato
1 tablespoon chopped sun-dried Tomatoes
Pinch of chili flakes
1 teaspoon shredded Parmesan
1 can no added salt Great Northern Beans (drained and rinsed well)

Gremolata:

¼ cup pine nuts
¼ cup gluten-free wheat crackers
1 tablespoon lemon zest

Salsa Verde:

½ cup Italian parsley
½ cup fresh basil
1 tablespoon capers
4 tablespoon olive oil

Instructions

1. Prepare quinoa spaghetti according to package directions (about 7 minutes).
2. Combine Italian parsley, basil, capers and olive oil in a food processor. Set aside salsa verde.
3. Pulse together pine nuts, gluten-free white crackers and lemon zest in a food processor. Set aside gremolata for topping the dish.
4. Sauté onion and garlic with a small amount of olive oil in a medium skillet. Add sundried tomatoes and cooked pasta. Add beans. Fold in salsa verde and chili flakes.
5. Plate pasta and top with fresh tomatoes and gremolata. Grate Parmesan cheese over top of plated pasta.

Serve as complete meal or cut portion in half and serve with grilled salmon, turkey breast or another lean protein.

Nutrition Facts: (per serving) 461 calories, 19 grams fat (2 grams sat. fat), 65 grams carbohydrate, 12 grams protein, 142 mg sodium