

Spaghetti with Pesto & Roasted Tomatoes

10 ingredients · 30 minutes · 5 servings



Directions

1. Preheat oven to 420°F (216°C). Toss halved cherry tomatoes in a splash of extra virgin olive oil and season with sea salt and pepper. Line a baking sheet with parchment paper. Place tomatoes on baking sheet and roast in the oven for 30 minutes.
2. Meanwhile, make pesto by combining spinach, basil, lemon juice, sunflower seeds, extra virgin olive oil, tamari and garlic in a food processor. Process until a smooth consistency is formed.
3. Cook brown rice spaghetti according to the directions on the package. Run under cold water once cooked to prevent from over cooking.
4. Toss spaghetti in pesto. Plate and top with roasted tomatoes. Season with sea salt and pepper. Bon appetit!

Notes

More Protein

Add diced chicken.

Make it Spicy

Add red chilli flakes.

Ingredients

- 1 cup Cherry Tomatoes
- Sea Salt & Black Pepper (to taste)
- 2 cups Baby Spinach
- 1 cup Basil Leaves
- 1 Lemon (juiced)
- 1 cup Sunflower Seeds
- 1/4 cup Extra Virgin Olive Oil
- 1 tbsp Tamari
- 1 Garlic (clove, minced)
- 1 cup Brown Rice Spaghetti

Nutrition

Amount per serving

Calories	420	Calcium	50mg
Fat	25g	Iron	2mg
Saturated	3g	Vitamin D	0IU
Trans	0g	Vitamin E	9mg
Polyunsaturated	10g	Thiamine	0.1mg
Monounsaturated	11g	Riboflavin	0.1mg
Carbs	43g	Niacin	2mg
Fiber	5g	Vitamin B6	0.3mg
Sugar	2g	Folate	97µg
Protein	9g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	320mg

Sodium	214mg	Magnesium	53mg
Potassium	528mg	Zinc	2mg
Vitamin A	1824IU	Selenium	21µg
Vitamin C	13mg		