

# Broccoli Pesto Linguini

Serves: 8    Prep time: 90 minutes



**Illinois Extension**  
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

## Ingredients

### Broccoli Pesto Linguini

- 1/3 Cup walnuts, raw
- 1/4 Cup halved walnuts, toasted
- 1/2 Pound fresh or frozen broccoli
- 1 Tablespoon of minced garlic
- 1 Pound linguine
- 2 Tablespoons of lemon juice
- 1/4 Cup extra virgin light olive oil
- 1/4 Cup grated Parmesan cheese

### Roasted Garlic Cherry Tomatoes

- 2, 10-ounce containers cherry tomatoes, halved
- 5-6 Garlic cloves, minced
- 1-2 Tbsp. olive oil
- Ground pepper

## Directions

1. Wash hands with soap and warm water.
2. Wash tomatoes and broccoli, pat dry to remove any excess moisture.

### Pasta and Sauce

1. Microwave or steam broccoli until tender.
2. Combine garlic and 1/3 cup raw walnuts in a food processor, pulse until fine, scraping the walnuts from the edges of the bowl as needed.
3. Next, add the broccoli, and lemon juice, processing until fine. While processing, slowly add the olive oil. Scrape down the bowl and add Parmesan cheese, and process until well combined.
4. Cook linguini according to package instructions. Combine pesto and linguini in a large bowl and serve.
5. Garnish with additional toasted walnuts and roasted tomatoes.



*Photo source: Flickr.MadMaes. 2013*

### Roasted Garlic Cherry Tomatoes

1. In a medium bowl, toss halved tomatoes with olive oil, garlic, and pepper to taste.
2. Transfer to a baking sheet. Spread evenly.
3. Bake for 20 to 25 minutes at 375 degrees F until or until soft and fragrant.

*Recipe: Adapted from Loma Linda University, 2021*