

# Penne Pasta with Spring Pea Pesto



Prep time: 5 minutes  
Cook time: 10 minutes  
Total time: 15 minutes  
Serving size: 4 oz.

## Makes 2 servings

### Ingredients:

- 1 tbsp. olive oil
- 2 tbsp. shallot, minced
- 1 cup asparagus, sliced into 2-inch pieces
- ¼ cup green peas
- 8 oz. penne pasta, cooked
- 2 tbsp. lemon juice, zest reserved
- 1 tbsp. parmesan cheese
- ½ cup spring pea pesto (see sub-recipe)
- 2 boiled eggs, cut in half (see sub-recipe)

### Instructions:

1. Heat olive oil in a large pan over medium heat.
2. Add shallots and sauté briefly (about one minute), being careful not to brown the shallots.
3. Add asparagus and peas to the pan and toss. Sauté until asparagus is softened and heated through (about two minutes).
4. Add cooked penne to the pan and toss. Cook until the pasta is heated through (about two minutes).
5. Add the spring pea pesto and toss.
6. Squeeze fresh lemon juice over pasta and remove from heat.
7. Garnish with boiled eggs, lemon zest, parmesan cheese, a drizzle of olive oil and pepper, and serve.

To view the cooking demonstration of this recipe performed by Jon Bastianelli, Regional Executive Chef, visit [IndependenceVillages.com/cookwithus](https://IndependenceVillages.com/cookwithus)

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# Spring Pea Pesto

Total time: 5 minutes  
Serving size: ¼ cup

Makes 4 servings

## Ingredients:

- ½ cup green peas, thawed (if using frozen)
- 1 garlic clove
- ¼ cup basil leaves, fresh
- 1 tbsp. walnuts, toasted
- 1 tbsp. parmesan cheese
- ½ tsp. Kosher salt
- ¼ tsp. ground black pepper
- ½ cup olive oil

## Instructions:

1. Combine all ingredients into the bowl of a food processor or blender.
2. Run machine on high until a smooth puree is formed.
3. Taste and adjust seasoning as necessary, and serve.

# Boiled Eggs

Prep time: 5 minutes  
Cook time: 7 minutes  
Total time: 12 minutes  
Serving size: 1 egg

Makes 2 servings

## Ingredients:

- 2 large eggs

## Instructions:

1. Fill a 2-quart saucepan 2/3 full of water. Bring to a rapid boil.
2. Prepare an ice bath.
3. Gently lower eggs into the boiling water with a slotted spoon and immediately reduce heat to a gentle boil.
4. Cook eggs in boiling water for seven minutes.\*
5. Once cooked, remove eggs with a slotted spoon and immediately place into the ice bath. Cool in the ice bath for five minutes.
6. Peel eggs and discard shells. Cut eggs in half when ready to serve.

\*Cooking eggs for seven minutes will produce a soft-set egg yolk. If you prefer a hard-cooked yolk, increase cook time 14 minutes and follow remaining steps.

## Penne Pasta with Spring Pea Pesto Nutrition Information

Nutrition Facts	Amount/serving	% Daily Value	Amount/Serving	% Daily Value
Serving Size	Total Fat 45g	58%	Total Carbohydrate 63g	23%
4.00 oz	Saturated Fat 8g	41%	Dietary Fiber 5g	18%
Calories 750	Trans Fat 0g		Total Sugars 3g	
per serving	Cholesterol 195mg	65%	Protein 25g	49%
	Sodium 650mg	28%		
	Vitamin D 1.15mcg 6%. Calcium 276.1mg 21%. Iron 5.9mg 33%. Potassium 806.85mcg 17%			

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.