

# Heart Protection Kitchen

January 2020

## Genovese-Style Pasta with Pesto

Makes 4 servings

### Ingredients

#### Pesto

- 1/2 cup grated Parmesan cheese
- 1/3 cup olive oil
- 1 to 2 garlic cloves, peeled
- 1 cup fresh basil
- 1 cup spinach
- 1/2 tablespoon chopped walnuts
- 1/2 teaspoon salt
- Freshly ground black pepper

#### Pasta

- 8 ounces (1/2 box) whole-wheat penne pasta
- 10 baby potatoes, halved (about 2/3 pound)
- 20 French string beans
- 1 tablespoon chopped walnuts

### Preparation

Place all pesto ingredients (Parmesan through pepper) in a blender, and blend until smooth. Set aside.

Bring a large pot of water to a boil. Add the potatoes and cook for 2 minutes. Add the pasta to the pot and cook 9 more minutes. Add the string beans and cook for 2 additional minutes. Drain.

Transfer the pasta and vegetables to a serving bowl. Add 3/4 cup of pesto (reserving extra pesto for another use) and toss until coated. Sprinkle with chopped walnuts prior to serving.

## Nutrition Facts

4 servings per container

Serving size

Amount per serving

**Calories** **450**

% Daily Value\*

**Total Fat** 20g **26%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

**Cholesterol** 10mg **3%**

**Sodium** 400mg **17%**

**Total Carbohydrate** 59g **21%**

Dietary Fiber 8g **29%**

Total Sugars 3g

Includes 0g Added Sugars **0%**

**Protein** 13g

Vitamin D 0mcg **0%**

Calcium 140mg **10%**

Iron 4mg **20%**

Potassium 395mg **8%**

\*The % Daily Value 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.

## Cappuccino Mousse

Makes 5 servings

### Ingredients

- 1 15-ounce container low-fat ricotta cheese
- 1/2 cup monk fruit sweetener
- 1 teaspoon vanilla extract
- 1 tablespoon 1% milk
- 1 tablespoon Kahlua liqueur
- 1 1/2 teaspoon instant coffee powder
- 1 teaspoon unsweetened cocoa powder
- 1 teaspoon sugar
- 1 teaspoon espresso powder

### Preparation

In a large bowl, combine the ricotta, monk fruit, vanilla, and milk with an electric mixer, blending until the mixture is light and fluffy. Add the Kahlua and coffee powder, and blend until incorporated.

Divide the ricotta mixture between five dessert bowls.

In a small bowl, combine the cocoa powder, sugar, and espresso powder. Transfer to a fine-mesh sieve, and lightly dust over the top of each bowl just before serving.

## Nutrition Facts

5 servings per container

**Serving size** 1/2 cup

Amount per serving

**Calories** 110

% Daily Value\*

**Total Fat** 4g 5%

Saturated Fat 3g 15%

Trans Fat 0g

**Cholesterol** 30mg 10%

**Sodium** 210mg 9%

**Total Carbohydrate** 9g 3%

Dietary Fiber 0g 0%

Total Sugars 7g

Includes 2g Added Sugars 4%

**Protein** 10g

Vitamin D 0mcg 0%

Calcium 141mg 10%

Iron 0mg 0%

Potassium 16mg 0%

\*The % Daily Value 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.