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.
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.