



Makes 8 cups
Preparation Time: 25 minutes

INGREDIENTS:

12 oz. dry whole grain linguine or fettuccine

2 large carrots (8 oz. total), shaved lengthwise into ribbons (see tip, recipe intro)

1 small red onion, very thinly sliced ($\frac{3}{4}$ cup)

3 cups packed fresh cilantro

1 cup packed fresh spinach

$\frac{1}{2}$ cup unsalted pistachios

3 tablespoons nutritional yeast

2 tablespoons lime juice

6 cloves garlic, smashed

$\frac{1}{2}$ teaspoon sea salt

$\frac{1}{2}$ teaspoon freshly ground black pepper

$\frac{1}{2}$ teaspoon coriander seeds (optional)

Fettuccine with Spinach Pesto and Carrot Ribbons

A lively cilantro-spinach pesto, tossed with tender fettuccine, sweet carrot ribbons, and zesty red onion, brings a fresh spin to pasta night. Our easy vegan pesto combines fresh cilantro and **spinach** with pistachios, lime, nutritional yeast, and garlic for layers of flavor that are both bold and refreshing. The gentle warmth of the pasta softens the veggies just enough, creating a colorful, nutrient-packed dish that's ready in **less than 30 minutes!**

Nutrition win: Yes, pasta can be healthy as well as delicious! This dish delivers 19 grams of protein per serving—about the same as a 3-ounce steak—and 16 grams of **fiber**, which is excellent for reducing inflammation and lowering your risk for chronic conditions, including heart disease and Type 2 **diabetes**.

Tips

Carrot ribbons: Use a vegetable peeler to shave carrots into ribbons. Alternatively, you can use a spiralizer to cut carrots into spirals.

Gluten-free version: To make this gluten-free, use gluten-free linguine or fettuccine.

For more inspiration, check out these tasty ideas:

- [Linguine with Mushroom Pesto](#)
- [Lemony Asparagus Fettuccine](#)
- [Creamy Baked Fettuccine with Kale](#)
- [Zesty Macaroni with Black Beans and Corn](#)

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- 1 Prepare pasta according to package directions. Drain, reserving 1 cup pasta cooking water. Return pasta to pot. Toss pasta with carrots and onion.
- 2 For pesto, in a food processor combine the remaining ingredients. Process until nearly smooth, adding 2 tablespoons of the reserved pasta water at a time as needed to achieve desired consistency and stopping to scrape down sides of processor.
- 3 Add pesto to pasta mixture; toss to combine. Thin with reserved pasta water as needed to achieve desired consistency. Serve warm.