



Pesto Penne

Chickpeas give this vegan **pesto** recipe a lovely creaminess. If you can use homemade almond milk, which doesn't take long to make, all the better. Tossed with whole-grain penne, broccoli, and cherry tomatoes, it makes a satisfying, colorful meal.

*From **Forks Over Knives Family***

By Del Sroufe

Serves 4

Cook Time: 40 minutes

INGREDIENTS:

8 ounces dried penne pasta
2 cups 1-inch broccoli florets
1½ cups packed with fresh basil leaves
1 cup water
2 to 3 cloves garlic, coarsely chopped
1 15-ounce can garbanzo beans (chickpeas), rinsed and drained
1 cup unsweetened almond milk
1 cup halved cherry tomatoes
Crushed red pepper, to taste (optional)
Sea salt, to taste
Freshly ground black pepper, to taste

- 1 Cook pasta according to package directions; drain. Meanwhile, in a small saucepan cook broccoli in a small amount of boiling water 5 minutes or until tender; drain.
- 2 In a blender combine basil, ½ cup of the water, and the garlic. Cover and blend until finely chopped.
- 3 In a large saucepan mash garbanzo beans with a potato masher, leaving some beans intact. Add milk and the remaining ½ cup water. Bring to boiling. Stir in basil mixture, tomatoes, and, if desired, crushed red pepper. Reduce heat. Simmer 10 minutes or until tomatoes are slightly softened.
- 4 Stir in [cooked pasta](#) and broccoli. Cook over medium-low 2 to 3 minutes or until heated through. Season with salt and black pepper.