FETTUCCINE WITH SPINACH PESTO

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(Lorna Sass, *Short-Cut Vegan*)

[Editor's note: With this recipe you can make delicious pesto without fresh basil, using ingredients in your freezer or pantry.]

8 oz fettuccine or linguine
1 10-oz pkg. frozen spinach, thawed
2 heaping tbsp walnut halves or pieces
1 tbsp fresh-squeezed lemon juice or 1 to 3 tsp balsamic vinegar
¼ cup fresh basil (if available)
1 tsp Italian Herbs (store-bought, or see below)
1 small clove garlic
½ tsp salt or to taste & pepper to taste

Cook the pasta according to pasta directions to *al dente* doneness.

Place all the other ingredients except in a food processor and blend for about 30 seconds to create a coarse paste, scraping down the sides of the bowl as necessary. Toss with the hot cooked pasta. Dust with nutritional yeast if desired.

Variation: Add 1½ cups diced plum tomatoes and 1-2 tbsp capers.

ITALIAN HERB BLEND
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1 tbsp each dried basil and oregano
2 tsp each dried rosemary and thyme
1½ tsp fennel seeds, ground in spice blender
1 tsp crushed red pepper flakes (optional)

Mix all ingredients and store in a clean jar with your other herbs/spices.

Nutritional Yeast:

Nutritional yeast is not live "active" yeast, and not the same as baker's yeast or brewer's yeast. It is rich in minerals and B vitamins, and has a delightful cheesy taste. A little can go a long way taste-wise, but it is good added to dishes or as an ingredient in "cheesy" sauces or Parmesan substitutes.

You can find nutritional yeast in bulk, or on the shelf in a bag or jar (Bob's Red Mill, Bragg, and Red Star brands). At Wegmans (supermarket in Rochester, NY but also other states than NY), it can be in the health food section ("Nature's Marketplace") or in the baking section.









