



# SPICY MORINGA PESTO PASTA

**SERVES: 8**

**PREP TIME: 30 MINUTES**

- 3 cups fresh basil
- 4 Tbsp dry moringa leaves
- ¼ cup chopped parsley
- 4 garlic cloves
- ½ cup olive oil
- ½ tsp crushed red pepper flakes
- ½ cup parmesan cheese
- ½ cup pine nuts
- ½ cup grape tomatoes
- salt and pepper, to taste
- whole wheat pasta

**Recipe created by:**

Maribel Barragan  
Fresno State Dietetics Intern  
UC CalFresh Nutrition Education Program

1. In a food processor or blender, mix together the basil, parsley, nuts, garlic, and cheese.
2. Pour the oil in slowly while still mixing then add the salt, pepper, crushed red pepper flakes, and moringa leaves.
3. Scrape down the sides and pulse once more. Then place pesto in a sealed container.
4. Cook pasta as directed, then drain.
5. Add the moringa pesto to pasta noodles.
6. Cut grape tomatoes in half and add to the pasta before serving.

To find more delicious ways to use moringa, visit <http://ucanr.edu/moringa>