

# Penne with Creamy Walnut Sauce

From – *Moosewood Restaurant Low-Fat Favorites*

10 oz fresh spinach  
½ cup toasted walnuts, coarsely chopped\*  
2 cups low-fat cottage cheese  
1 garlic clove, minced or pressed  
¼ cup grated Parmesan cheese  
¼ cup loosely packed chopped fresh basil  
½ tsp salt  
ground black pepper to taste  
1 to 1 ½ lbs penne  
1 head broccoli

grated Parmesan cheese (optional)

\*Toast walnuts in a single layer on an unoled baking tray in a conventional or toaster oven at 350 degrees for about 5 minutes until fragrant and golden brown.

- Bring a large covered pot of water to a rapid boil.
- While the water heats, wash the spinach and transfer to a separate large pot.
- The water clinging to the leaves should provide enough moisture to steam it.
- Cover and cook the spinach on medium-high heat for about 4 minutes, until wilted by still bright green. Drain.
- In a food processor or blender, combine the spinach, walnuts, cottage cheese, garlic, Parmesan, basil and salt.
- Puree until smooth, working in batches if necessary. Add pepper to taste and set aside.
- When the water boils, stir in the pasta, cover and return to a boil, then uncover the pot and cook until the pasta is al dente, about 7 minutes.
- While the pasta cooks, cut the broccoli into spears.
- Blanch it in boiling water to cover until just tender, about 5 minutes, and set it aside.
- Drain the pasta and serve immediately in individual warmed bowls topped with spinach-walnut sauce and several steamed broccoli spears.
- Sprinkle with grated Parmesan cheese if you wish.



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