Recipe: Vegetable pesto pasta

Shikha Desai, TNN
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Here are some delicious recipes for meat lovers and healthy eaters

Vegan Pesto Pasta
Ingredients:
- 1 cup of basil leaves washed and de-stemmed
- 250g pasta
- 2 garlic cloves
- Juice of 1/2 lime
- Salt and pepper to taste
- 2 tsp of olive oil
- 1/2 cup of powdered cashews

Procedure:
- In a blender, blend the basil leaves
- Add cashew powder
- Add salt and pepper
- Add 2 garlic cloves
- Add lime juice
- Add olive oil
- Blend the ingredients into a fine paste
- Stir the mixture
- In a bowl, add the boiled pasta
Tip: Ensure the pasta is hot
- Add the pesto paste to the pasta
- Mix well
Tip: Ensure the pasta is evenly coated

Vegan Gajar ka Halwa
Ingredients:
- 400g of carrots cut & steamed
- 3/4th cup of melted jaggery
- 2 cardamom pods
- 2 tsp pistachios
- 3/4th cup of cashews

Procedure:
- Grate the carrots
- In a mortar and pestle, pound the pistachios and cardamom pods
Did you know: This recipe is oil free
- Powder the cashews
- Add the melted jaggery to the carrots
- Mix well
- To the mixture, add the powdered cashews
Tip: Add the cashew powder in intervals
- Add the pounded pistachios and cardamom
Tip: You can use other nut such as almonds, raisins, walnuts as well
- Mix well

(Recipe courtesy: Rithika Ramesh, India Food Network)