

## Arugula-Caraway Pesto Pasta

*This meatless pasta entree is full of flavor from a quick pesto prepared with arugula, parsley, almonds and Parmesan cheese. Red Swiss chard adds color, texture and nourishment.*

Prep Time: 15 minutes

Cook Time: 15 minutes

- 1 cup arugula leaves
- 1 cup fresh parsley leaves
- 1/2 cup olive oil
- 1/4 cup toasted slivered almonds
- 1/4 cup grated Parmesan cheese
- 2 cloves garlic
- 1 tablespoon **McCormick® Caraway Seed**, finely crushed
- 8 ounces periatelli pasta or thick spaghetti
- 2 cups thinly sliced red Swiss chard (cut crosswise into thin strips)

1. Place arugula, parsley, oil, almonds, Parmesan cheese, garlic and caraway seed in bowl of food processor; cover. Process until smooth. Set aside.
2. Meanwhile, cook pasta as directed on package. Drain pasta, reserving 1/2 cup of the cooking water. Return pasta to saucepot.
3. Stir Swiss chard into pasta on low heat until greens are wilted. Add pesto; toss to coat well, adding small amounts of reserved cooking water until desired consistency. Serve with additional Parmesan cheese, if desired.

Makes 4 servings.

**Test Kitchen Tip:** Crush caraway seed with mortar and pestle. Or, place caraway seed in large resealable plastic bag. Close tightly. Pound with a rolling pin, mallet or heavy skillet until crushed.

**Nutrition Information Per Serving:** 546 Calories, Fat 34g, Protein 13g, Carbohydrates 47g, Cholesterol 8mg, Sodium 179mg, Fiber 4g