

SIDE DISH

Grilled Pepper-Pesto Linguine

5 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	6	\$1.05	414 kcal

Grilled Pepper-Pesto Linguine might be just the hor d'oeuvre you are searching for. One portion of this dish contains around 12g of protein, 14g of fat, and a total of 420 calories. For \$1.05 per serving, this recipe covers 19% of your daily requirements of vitamins and minerals. This recipe serves...

Ingredients

- ☐ 2 tablespoons capers
- ☐ 1½ cups loosely packed cilantro leaves (about 1 bunch, stems removed)
- ☐ ½ teaspoon cumin
- ☐ 5 garlic cloves
- ☐ 2 tablespoons lemon juice, divided
- ☐ 16 ounce package linguine
- ☐ 6 large mushrooms
- ☐ 1/3 cup olive oil
- ☐ ½ teaspoon pepper
- ☐ 1 large red bell pepper, seeded and cut into 6 pieces
- ☐ 1 teaspoon salt
- ☐ 1 large yellow bell pepper, seeded and cut into 6 pieces

EQUIPMENT Food processor, Blender, Grill, Aluminum foil

Method

- 1

Prepare pasta according to package directions; drain.
- 2

Place bell peppers, mushrooms, and garlic cloves on a 24- x 12-inch piece of nonstick aluminum foil or lightly greased heavy-duty aluminum foil.

- 3 Sprinkle bell pepper mixture with capers, cilantro leaves, and 1 tablespoon lemon juice. Fold aluminum foil to seal, leaving an opening in top for steam to escape.
- 4 Grill, covered with grill lid, over high heat (400 to 500°F)
- 5 minutes or until peppers are almost blackened, and mushrooms are tender.
- 6 Remove foil packet from grill. Seal foil, and let stand 10 minutes to loosen skin on peppers. Peel peppers, and discard skin.
- 7 Process roasted peppers, remaining items in aluminum foil packet, olive oil, next 3 ingredients, and remaining 1 tablespoon lemon juice in a food processor or blender until smooth, stopping to scrape down sides.
- 8 Serve sauce over hot cooked pasta.
- 9 Sprinkle with cheese, if desired.

Nutrition per serving

	414 KCAL	12 g PROTEIN	13 g FAT	62 g CARBS
Saturated Fat				1.9 g · 12% of daily needs
Fibre				3.8 g · 15% of daily needs
Sugar				3.8 g · 4% of daily needs
Sodium				472 mg · 21% of daily needs
Cholesterol				0 mg · 0% of daily needs
Vitamin C				96.3 mg · 117% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/grilled-pepper-pesto-linguine-148102