



Orecchiette with Broccoli Rabe Pesto

READY IN



32 min.

SERVINGS



4

CALORIES



404 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 bunch broccoli rabe
- 4 servings kosher salt
- 0.5 pound orecchiette pasta
- 0.8 cup parmigiano-reggiano cheese grated plus more for garnish
- 0.3 cup part-skim ricotta cheese
- 0.5 cup pistachios toasted

Equipment

- food processor

- bowl
- frying pan
- pot

Directions

- Bring a large pot of well-salted water to a boil. Set up a bowl of well-salted ice water. Cook the broccoli rabe in the boiling water for 1 to 2 minutes and then immediately plunge in the salted ice water. This will prevent the broccoli rabe from being overcooked and will set the lovely green color.
- Drain the broccoli rabe and squeeze out any excess water; coarsely chop.
- Place the broccoli rabe in the bowl of a food processor and puree until it is a coarse paste.
- Add the pistachios and parmigiano and puree until smooth. Taste and adjust the seasoning; you probably will need more salt.
- Add the ricotta and pulse until combined. Taste for seasoning once again—it should be full-flavored, slightly bitter and creamy at the same time. Set aside.
- Bring a large pot of well-salted water to a boil. (If you are making the pasta right after the pesto, just use the broccoli rabe blanching water.) Cook the pasta 1 minute less than the cooking time on the package.
- While the pasta is cooking, place the pesto in a large skillet and add about 1 to 1 1/2 cups of the pasta cooking water; place over medium-high heat. When the pasta is ready, drain and add to the skillet with the pesto. Stir vigorously to combine and cook until the sauce is creamy and heated through, 1 to 2 minutes; add salt to taste.
- Remove from the heat, add 1 to 2 tablespoons olive oil, if desired, and stir vigorously.
- Garnish with more parmigiano. Voila!
- Photograph by Con Poulos

Nutrition Facts

 PROTEIN 20.31%  FAT 31.2%  CARBS 48.49%

Properties

Glycemic Index:29.75, Glycemic Load:17.69, Inflammation Score:-9, Nutrition Score:23.326521686886%

Flavonoids

Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 404.08kcal (20.2%), Fat: 14.18g (21.82%), Saturated Fat: 4.9g (30.62%), Carbohydrates: 49.58g (16.53%), Net Carbohydrates: 44.65g (16.24%), Sugar: 3.1g (3.45%), Cholesterol: 17.56mg (5.85%), Sodium: 535.74mg (23.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.77g (41.54%), Vitamin K: 127.04µg (120.99%), Selenium: 44.28µg (63.26%), Manganese: 0.93mg (46.67%), Phosphorus: 382.23mg (38.22%), Calcium: 353.35mg (35.34%), Vitamin A: 1751.19IU (35.02%), Vitamin B6: 0.46mg (22.93%), Copper: 0.4mg (19.94%), Fiber: 4.92g (19.69%), Vitamin B1: 0.29mg (19.13%), Magnesium: 71.66mg (17.92%), Folate: 68.27µg (17.07%), Iron: 2.77mg (15.4%), Zinc: 2.3mg (15.31%), Vitamin C: 12.27mg (14.88%), Vitamin B2: 0.22mg (13.08%), Potassium: 431.44mg (12.33%), Vitamin B3: 1.92mg (9.58%), Vitamin E: 1.38mg (9.22%), Vitamin B5: 0.63mg (6.29%), Vitamin B12: 0.27µg (4.5%)