

Lunch | Dinner | Snack

Pesto Tortellini Bake

Side Effect: Weight Loss/Low Appetite

5 Mins
Prep Time

25 Mins
Cook Time

4
Servings

≡ 952 Calories 63g Fat 69g Carbs 28g Protein



Ingredients

4 Servings 30 Mins Total Time Allergens: Dairy, Gluten, Nuts

1 Package (20 oz) Cheese-Filled Tortellini

1 Cup Heavy Cream, **pasteurized** 🍷

¾ Cup Pesto

¼ Cup Sliced Sun-Dried Tomatoes (not oil-packed),
roughly chopped

1 Cup **Pasteurized** Mozzarella Cheese 🍷

3 ½ Cups Fresh Spinach, **washed** and roughly chopped 🍷

2 Tbsp **Pasteurized** Parmesan Cheese 🍷

2 Tbsp Fresh Basil, **washed** and minced

2 Tbsp Pine Nuts

Salt and Pepper, to taste

Allergen Swap

Dairy Replace the mozzarella and Parmesan cheese with a dairy-free cheese; there is no substitute for the heavy cream; use cheese-free tortellini; replace the pesto with a cheese-free version

Gluten Replace the regular tortellini with a gluten-free version.

Nuts Omit the pine nuts.

Nourishment Note



🍷 Dairy

Full-fat dairy products, such as cheese, cream, and whole milk, are high in calories. A high-calorie diet may be necessary if unwanted weight-loss is occurring. Full-fat dairy also provides important nutrients such as calcium, potassium, and vitamin D.



🍷 Spinach

Spinach is a nutrient powerhouse. It's packed with antioxidants to help reduce inflammation. It also contains nutrients and vitamins that may help lower the risk of heart disease.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Preheat Oven & Cook Tortellini

Preheat the oven to 425° F. Bring a large pot of salted water to a boil and cook tortellini according to package instructions.

3. Reserve Water & Drain Pasta

Reserve ¼ cup cooking water, then drain the pasta.

4. Combine Ingredients

Transfer the pot back to the stove and add the pesto and heavy cream. Stir. Bring to a boil over medium heat, then reduce the heat to medium-low. Stir in the tortellini, sun-dried tomatoes, spinach, and mozzarella. Add a splash of cooking water and stir together. Add more cooking water if mixture appears dry. Transfer pasta mixture to a 9x13-inch baking dish.

5. Top Pasta & Bake

In a small bowl combine the Parmesan cheese, basil, pine nuts, salt and pepper. Sprinkle mixture over pasta. Bake until golden brown and bubbly, about 12 minutes.

6. Serve & Store

Allow to cool slightly before serving. Refrigerate pasta bake within 2 hours. Pasta will keep covered in the refrigerator for up to 2 days.

7. Wash Hands

Wash hands with soap and water.

Recipe adapted from Food Network Magazine

What You'll Need



9x13-Inch Baking Dish



Measuring Cup



Measuring Spoon



Cutting Board



Knife



Large Pot



Small Mixing Bowl



Colander



Mixing Spoon

Fatigue Buster

- Pesto: Use jarred or pre-made pesto to reduce preparation time.
- Basil: Dried basil can replace fresh to reduce preparation time. 1 Tbsp dried is equivalent to 2 Tbsp fresh.
- Ask a friend or family member to help prepare this entrée.