

**Lunch | Dinner | Snack** 

# **Pesto Tortellini Bake**

**Side Effect: Weight Loss/Low Appetite** 

**5 Mins Prep Time**  **25 Mins Cook Time** 

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 🖤
- 3/4 Cup Pesto
- 1/4 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

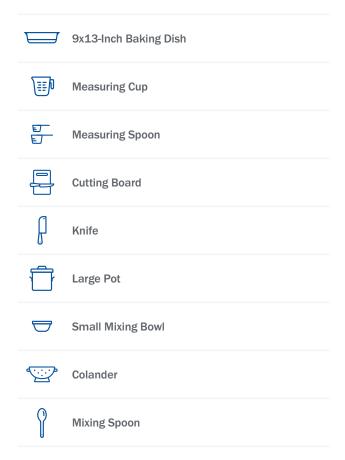
Allow to cool slightly before serving. Refrigerate pasta bake within 2 hours. Pasta will keep covered in the refrigerator for up to 2 days.

#### 7. Wash Hands

Wash hands with soap and water.

Recipe adapted from Food Network Magazine

## What You'll Need



## **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.