

creamy pesto with pasta

try this lowfat version with salmon or chicken breast

Servings: 6

ingredients:

1 tbsp olive oil
3 cloves garlic, sliced
3/4 pound salmon fillet
1 one-pound package bow-tie pasta
3 tbsp chopped walnuts
2 c firmly packed fresh basil leaves
1/2 c grated Parmesan cheese
2 tbsp fresh lemon juice
1/2 tsp ground black pepper
2/3 c plain Yami lowfat yogurt

optional:

you may replace the salmon with 2 cooked and sliced, boneless and skinless chicken breasts

basil sprigs for garnish
cherry tomatoes

preparation:

Yami's lowfat yogurt makes this a healthy alternative, replacing most of the olive oil and cream used for in the creamy version of this traditional basil sauce.

Cook bow-tie pasta according to package directions.

While the pasta cooks, heat oil over medium heat. Add garlic and sauté until it starts to brown. With a slotted spoon, remove sautéed garlic to food processor fitted with chopping blade. Save the oil in the skillet and set aside for now.

Add walnuts to garlic in food processor and process until finely chopped. Add basil, cheese, lemon juice, and pepper; process until leaves are finely chopped. Add lowfat yogurt and process pesto until smooth, stopping to scrape sides of container with rubber spatula.

In the skillet, sauté salmon 4 to 5 minutes on each side in the remaining garlic-infused oil, or until just cooked through. Remove from heat; and keep warm. (For chicken saute sliced, cooked, boneless and skinless chicken breast in skillet until warmed through.)

Drain pasta well and return to saucepan. Add pesto sauce and toss gently to coat. Transfer pasta to serving bowl. Break salmon into pieces and toss into pasta. If you're using chicken, place warmed slices on top of pasta

Garnish with basil leaves and cherry tomatoes. Serve immediately.

Yami[®]
yogurt