

Broccoli, Asparagus & Feta Pesto Pasta

Simple and flavorful.

Cooking Information:

Serves: 4

Total Time: 30 minutes



Ingredients:

- * 3 cups of broccoli
- * 2 cups of asparagus
- * ½ cup parsley (to taste)
- * ½ cup feta cheese
- * 1 tbsp olive oil
- * 1 onion, chopped
- * 2 tbsp garlic
- * 2 tbsp lemon
- * 3 cups whole wheat pasta (penne, preferably)

Magnesium per ingredient*

- 54 mg
- 36 mg
- 5 mg
- 10 mg
- 0 mg
- 20 mg
- 1 mg
- 0 mg
- 126 mg

Directions:

1. Sauté onion until caramelized. Add garlic, broccoli, and asparagus until soft (to taste). Remove from heat and let cool.
2. In food processor, combine sautéed ingredients with parsley and olive oil. Add in small amounts of feta cheese until desired taste is reached. Add lemon juice to balance.
3. Serve over cooked pasta.

One serving of this recipe contains approximately 63 mg of magnesium* based on the *Magnesium Calculator* within this site. Visit our *Magnesium Calculator* to find out how much magnesium is in your favorite recipes.

***This is only an approximation of magnesium intake.**