

# Penne with Seaweed Pesto

## Featuring Dulse

Seaweed is a key ingredient in this bright, aromatic sea vegetable pesto pasta dish. Dulse blends in beautifully with basil and arugula in a traditional plant-based pesto sauce, which includes classic ingredients, such as olive oil, pinenuts, and garlic. The pesto recipe makes a generous amount—enough to toss into one pound of pasta. You can also use this pesto recipe as a sauce, marinade, dip, or spread.

### Ingredients:

#### Pasta:

Water  
1 pound dried penne pasta

#### Seaweed Pesto:

1/3 cup dried dulse (or 1 1/2 tablespoons dulse granules)  
1 cup packed fresh basil leaves and stems  
2 cups packed arugula leaves and stems  
1/3 cup toasted pine nuts  
1 tablespoon nutritional yeast  
2 garlic cloves  
1 lemon, juiced  
2 tablespoons extra virgin olive oil  
Salt and pepper (to taste)

#### Topping:

1/4 cup grated Parmesan cheese (plant-based or dairy-based)

### Instructions:

- 1 Fill a large pot two-thirds full of water, cover with a lid, and heat over medium-high heat until boiling.
- 2 Add penne pasta, stir, and reduce heat to medium. Cook according to package directions (about 10-12 minutes) until al dente. Drain pasta and set aside.
- 3 While pasta is cooking, prepare pesto. Place dulse, basil, arugula, pine nuts, nutritional yeast, garlic cloves, and lemon juice in the container of a food processor. Pulse on low until finely chopped, while gradually adding olive oil to the food processor through the spout. Process until smooth, stopping to scrape down sides as needed. Remove from the food processor and place in a large serving bowl. Season the pesto with salt and pepper according to preference, stirring well to combine. Add hot, drained pasta, and toss to distribute the pesto well.
- 4 Top with shredded Parmesan cheese (may use plant-based or dairy-based). Serve immediately.

**Makes 8 servings,  
about 1 cup each**

**Prep Time:** 15 min.  
**Cooking Time:** 12 min.  
**Total Time:** 20 min.

### Recipe Author

**Sharon Palmer, MSFS, RDN**

is The Plant-Powered Dietitian and co-founder of Food + Planet. Sharon is an award-winning nutrition expert known for her work in plant-based, sustainable diets. Follow her at SharonPalmer.com.

### Notes:

- 1 You can skip the penne and use the pesto in your favorite sandwiches as a spread, to marinade kebabs, or to serve as a dip with crackers and veggies.

### Nutritional information (per serving):

265 calories, 5 g fat, 1 g saturated fat, 83 mg sodium, 44 g carbohydrate, 0 mg cholesterol, 2 g sugar, 2 g fiber, 9 g protein



Watch the recipe video here:  
[bit.ly/3YgGjXw](https://bit.ly/3YgGjXw)