

# Oil-free Pasta Pesto



*This oil free pasta pesto is a great meal if you want a quick and easy dinner. It's also the perfect recipe for anyone with an autoimmune skin condition, who wants to transition away from the Troublemaker foods and start eating healthier.*

Servings: 3

## Ingredients

4 dl basil  
5 dl spinach  
4 cloves of garlic  
3 tbsp lemon juice  
2 dl cashews  
1.5 dl water  
0.5 tsp sea salt  
gluten-free pasta  
arugula  
romaine lettuce

## Instructions

1. Cook the pasta, according to the instructions on the package.
2. Peel the garlic and slice it.
3. Wash the spinach, if necessary.
4. Put the basil, spinach, garlic, lemon juice, cashews, water and sea salt in a blender. Mix well, until you have a smooth sauce. Taste it.
5. Prepare the salad by washing the leafy greens. Slice it and toss it.
6. When the pasta is ready, rinse it, and lower the heat on the stove.
7. Put about 5 tbsp of the pesto sauce in the pot. Add the pasta. Stir it for a minute or so. Then season it with some herbal salt and black pepper.
8. Serve your pasta with a large serving of salad and enjoy.

*Make sure you buy a pasta that is completely gluten-free. My favourite is a pasta made of 100% brown rice. I find that both the texture and the taste is amazing. It's the best gluten-free option that I've found around here. But I would also recommend pea pasta if you can find that.*

*If you are looking for more flavour, you can easily fry some mushrooms in a ceramic pan in some water. It will be great to mix in with the pasta.*

*The pesto sauce is oil free (not fat free) and you can use it for many things, not just pasta pesto. I usually have some of my left overs with roasted potatoes and a big salad. It's delicious, and provides some variety.*