



## Salmon Pesto Pasta

**Maintenance to be mixed into your pasta:** Salmon

### Ingredients for homemade pesto:

- 4 oz pine nuts
- 4 cups fresh basil
- 3 garlic cloves
- 1 cup coarsely grated parmesan cheese (or vegan parmesan if dairy allergic)
- 1 tablespoon lemon zest
- 1 cup olive oil
- Salt and ground pepper to taste

### Instructions for homemade pesto:

- Add pine nuts to a small skillet over medium heat and toast until golden brown (approx. 2-3 minutes). Set aside.
- Using a food processor, add half of the pine nuts, 3 cups basil, 2 garlic cloves, ½ cup cheese, and lemon zest.
- Blend/process the ingredients for approx. 30 seconds or until ingredients are finely chopped
- While the food processor is running on low speed, slowly drizzle in ¾ cup olive oil and continue processing until smooth paste begins to form.
- Stop the food processor and scrape down the sides of the bowl
- Add remaining pine nuts, basil, garlic, and cheese into the food processor. Pulse the ingredients until finely chopped
- Transfer to a bowl and stir in the remaining olive oil. Season with salt/pepper to taste
- Store pesto sauce in an airtight container in the refrigerator for up to 5 days or freeze for up to 6 months.

### Ingredients for salmon pesto pasta:

- 1 pound of fresh salmon
- 1-2 teaspoons olive oil
- 1 teaspoon lemon juice (from ½ lemon)
- Salt and pepper to taste
- 1 pound penne (or any form of pasta you would like)
- 1 cup pesto (jarred or homemade)
- ½ cup grated Parmesan cheese (or vegan parmesan cheese if allergic to dairy)

### Instructions for salmon pesto pasta:





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1. Preheat the oven to 400°F (207°C).
2. Place the salmon filet on a foil-lined baking sheet. Drizzle it with olive oil and lemon juice
3. Sprinkle salt and black pepper
4. Roast salmon for 12-14 minutes then remove from heat and set aside.
5. While salmon is cooking, bring a large pot of well-salted water to a boil and cook pasta according to package instructions.
6. Reserve a bit of pasta water in case you want to loosen the sauce. Then drain pasta
7. Return pasta to pot and add pesto, parmesan, and black pepper. Combine well.
8. Using a fork, break up the cooked salmon and measure out your maintenance amount.
9. Either mix salmon into pasta or serve on top.
10. Store in the refrigerator for up to 1 week.

Please carefully review the ingredients listed above. It is your responsibility to ensure that your child can safely enjoy any of our Southern California Food Allergy Recipes or other food-related documents. Each child in our program has a unique allergic profile and is at a different stage in their journey to food freedom. Use good judgment. If your child has not yet been cleared to consume the foods listed above then choose another recipe or substitute accordingly.

**This Recipe Contains The Following Top 8 Allergens As Primary Ingredients: Tree Nuts, Dairy, Wheat**