

Sun-Dried Tomato Pesto Pasta

Backcountry Foodie Recipe

This is another recipe that you might consider keeping on hand at home for those evenings when you're looking for a quick and nutritious meal.

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NUTRITION (per serving)

CAL/OZ	CAL/GRAM	CALORIES	PROTEIN	CARBS	FIBER	ADDED SUGAR	FAT	SODIUM
138	4.9	593 kcal	17 g	51 g	6 g	0 g	38 g	728 mg



HOME PREP TIME

4 mins



FIELD PREP TIME

5 mins



WT/SERVING

4.3 oz (120 g)



MEAL PREP

Cold Soak, Cook



DIET TYPES

Gluten-Free, Low-Sugar,
Vegetarian



SERVINGS

1 serving

INGREDIENTS

- 2/3 cup penne pasta, mini precooked and dehydrated, measurement is after dehydrated, not the raw ingredient
- 2 pieces sun-dried tomatoes, oil-free, diced
- 1 Tbsp pine nuts
- 2 tsp basil, dried
- 1/4 tsp garlic powder
- 1/8 tsp table salt
- 2 Tbsp parmesan cheese, shelf-stable
- 2 Tbsp olive oil

OPTIONAL

- 2/3 cup chickpea pasta, precooked and dehydrated (substitution), gluten-free option; measurement is after dehydrated, not the raw ingredient
- salt substitute (substitution), reduced-sodium option

INSTRUCTIONS

HOME

1. Put noodles and diced tomatoes in a bag or container to be used in the backcountry. Kitchen scissors work well for dicing tomatoes.
2. Put the remaining dry ingredients in a separate bag or container to be stored with the noodles. *See meal prep tips below.*
3. Pack 2 Tbsp (28 g) olive oil in a leakproof container to be added when the meal is consumed. We recommend double bagging the oil in the event there is a leak.

FIELD

1. Remove the pesto packet from the noodle bag or container.
2. Add 8 oz (240 mL) hot/cold water or enough to cover the noodles.
3. Let stand until noodles are fully rehydrated. This will take approximately 5 minutes with hot water or 60 minutes with cold water.
4. Consume or properly discard the noodle broth to follow the Leave No Trace principle.
5. Add pesto packet and 2 Tbsp (28 g) olive oil to the noodles.
6. Stir to mix well and enjoy!

NOTES

VOLUME OF MEAL WHEN PREPARED

- One heaping cup per serving (dry)

MEAL PREP TIPS

- Omit pine nuts for a nut-free option. This will not result in a significant change in taste or texture.
- Noodles do not have to be precooked and dehydrated if willing to cook noodles on the trail.
- If preparing the meal for long-term storage, we recommend not adding the parmesan cheese until just before consuming the meal. By doing so, the shelf-life of the meal will be lengthened significantly.

NUTRITION

- Total sugar (per serving): 5 g with no added sugar
- To reduce the sodium content of the recipe by 291 mg, replace table salt with a salt substitute as desired.
- To reduce calories by 120, reduce the olive oil volume by 1 Tbsp (14 g). We do not recommend omitting all of the oil as the oil is needed to create a pesto sauce.

