

balance

HEALTH & WELLNESS TIPS FOR YOUR LIFE

Spinach Pesto

Serves: 16

Ingredients:

2 cups fresh baby spinach
2 cups loosely packed basil
1 cup grated Romano or parmesan cheese
2 tsp minced garlic
½ tsp salt
½ cup chopped walnuts, toasted
1 tablespoon lemon juice
2 tsp grated lemon peel
1 cup olive oil

Directions:

1. Place the first five ingredients in a food processor, cover and pulse until chopped.
2. Add the walnuts, lemon juice and peel; cover and process until blended. While processing, gradually add oil in a steady stream.
3. Pesto can be used on pizzas, pasta, sandwiches, and salads.
4. If you don't need it all right away, pour into an ice cube tray, cover and freeze for up to one month.