

LEAFY GREEN & HERB PESTO

Serving Size: 2 tablespoons



Ingredients

- 2 cups leafy greens (such as spinach, kale, Swiss chard), thick stems removed, washed & patted dry
- 1 cup leafy herbs (such as oregano, parsley, basil, mint, or a combination thereof), washed, patted dry & leaves removed from stems
- ½ cup nuts or seeds (such as walnuts, pine nuts, pecans, almonds, sunflower seeds, pumpkin seeds)
- ¼ cup grated cheese (such as Parmesan or Pecorino Romano); you could also substitute 1 tablespoon nutritional yeast to make this recipe vegan
- 1 clove garlic
- 2 tablespoons fresh lemon juice
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- ½ cup olive oil



Nutrition Facts	
8 servings per container	
Serving size 2 tablespoons (45g)	
Amount per serving	
Calories	180
% Daily Value*	
Total Fat 18g	24%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	3%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 1.3mg	8%
Potassium 140mg	2%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Extra Virgin Olive Oil, Swiss Chard, Parsley, Pumpkin seeds, Fresh lemon juice, Parmesan cheese, Salt, Garlic Clove, Ground black pepper

May contains: Milk, Tree Nuts

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Preparation



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- Place prepared leafy greens and herbs, nut/seeds, grated cheese, and garlic in a food processor or blender and process until all ingredients are well chopped.
- Remove the processor/blender lid and add in the lemon juice, salt, and pepper.
- Attach the lid and with the processor/blender running, drizzle in the olive oil until fully incorporated. Then, remove the lid and scrape down the sides; replace the lid and process again until smooth.
- Enjoy pesto as a dip for veggies, a topping/flavoring for grilled proteins, thinned a bit as a salad dressing, a sandwich spread to replace mayo, or of course, as a pasta sauce!

PESTO VERDE FRONDOSO Y HERBÁCEO

Tamaño de la porción: 2 cucharadas



Ingredientes

- 2 tazas de verduras de hoja verde (como espinacas, col rizada, acelga), tallos gruesos eliminados, lavados y secados con palmaditas
- 1 taza de hierbas de hoja (como orégano, perejil, albahaca, menta o una combinación de ellas), lavadas, secas con palmaditas y hojas eliminadas de los tallos
- 1/2 taza de nueces o semillas (como nueces, piñones, nueces, almendras, semillas de girasol, semillas de calabaza)
- 1/4 taza de queso rallado (como parmesano o pecorino romano); También puedes sustituir 1 cucharada de levadura nutricional para hacer que esta receta sea vegana
- 1 diente de ajo
- 2 cucharadas de jugo de limón fresco
- 1/2 cucharadita de sal
- 1/4 cucharadita de pimienta negra molida
- 1/2 taza de aceite de oliva



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Preparación



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- Coloque las verduras de hoja verde preparadas y las hierbas, las nueces / semillas, el queso rallado y el ajo en un procesador de alimentos o licuadora y procese hasta que todos los ingredientes estén bien picados.
- Retire la tapa del procesador/licuadora y agregue el jugo de limón, la sal y la pimienta.
- Coloque la tapa y con el procesador / licuadora en funcionamiento, rocíe el aceite de oliva hasta que esté completamente incorporado. Luego, retire la tapa y raspe los lados; Vuelva a colocar la tapa y procese de nuevo hasta que quede suave.
- Disfrute del pesto como salsa para verduras, aderezo / saborizante para proteínas a la parrilla, diluido un poco como aderezo para ensaladas, un sándwich para reemplazar la mayonesa o, por supuesto, ¡como salsa para pasta!