

Spinach Pesto



Makes: ½ cup of pesto

Ingredients:

- ½ cup fresh basil leaves
- ½ cup fresh parsley leaves
- ¼ cup fresh oregano leaves
- 3 cloves garlic
- 2 tbsp grated Parmesan cheese
- 14 walnuts
- 2 tbsp olive oil
- 2 tsp lemon juice
- ½ tsp salt
- ¼ tsp pepper

Procedure:

- Combine herbs, garlic, Parmesan cheese and walnuts in a food processor or blender.
- Process adding the oil and lemon juice gradually, until the mixture is very finely chopped.
- Stir in salt and pepper.
- Serve at room temperature.

Per tbsp:

- Calories: 67
- Protein: 2 gm
- Carbohydrates: 3 gm
- Fat: 6 gm

Serve pesto sauces at room temperature over hot pasta.