

Side

## Fresh Pesto

**15 Mins**  
Prep Time

**0 Mins**  
Cook Time

**8**  
Servings

 **181** Calories **19g** Fat **5g** Carbs **4g** Protein



## Ingredients

 **8 Servings**  **15 Mins** Total Time  **Allergens: Dairy, Nuts**

2 Cups Baby Spinach, **washed** 

1 Bunch (~2 Cups) Kale, **washed**, leaves removed from stems 

1 Large Bunch Fresh Basil, **washed**, leaves removed from stems

2 Cloves of Garlic

1 Lemon, juiced

½ Cup Walnuts 

½ Cup Shredded Parmesan Cheese

½ Cup Extra Virgin Olive Oil, more if necessary

Salt and Pepper, to taste

### Allergen Swap

**Dairy** Omit the cheese and replace with nutritional yeast

**Nuts** Replace the walnuts with sunflower seeds

### Nourishment Note



#### **Walnuts**

Walnuts are one of the few plant-based sources of omega-3 fatty acids. These types of fats are important to helping reduce inflammation in the body.



#### **Kale**

Kale is rich in many nutrients including vitamin A, vitamin C and calcium. Kale may also help to reduce inflammation.



#### **Spinach**

Spinach is a nutrient powerhouse. It's packed with antioxidants that may help to reduce the inflammation associated with asthma.

## Instructions

### 1. Wash Hands

Wash hands with soap and water.

### 2. Blend Ingredients

To a blender or food processor, combine all of the ingredients except the olive oil and the salt and pepper.

### 3. Blend and Add Olive Oil

Blend on high. Drizzle in the olive oil, while blending. Stop the blender or food processor and scrape the sides of the container down, if necessary. Continue blending, adding more olive oil if necessary, until the mixture is smooth and spreadable, but not runny.

### 4. Season

Mix in salt and pepper to taste.

### 5. Serve and Enjoy

Enjoy on pizza, pasta, sandwiches, burger, fish or chicken.

### 6. Wash Hands

Wash hands with soap and water.

Recipe created by Meijer Chefs

## What You'll Need



Food Processor or Blender



Measuring Cups



Cutting Board or Knife



Rubber Scraper

### Breathe Better Food Tip

- Salicylates may be found in spinach and some cheeses. If you know you are sensitive to salicylates, consider omitting from the recipe.