

Pea Pesto

Enjoy this gorgeous, bright green pesto on your favorite protein food or pasta.

Makes: 8 servings

Ingredients

- 1 cup fresh peas?(can also use frozen or canned)
- ½ cup Parmesan cheese, grated
- 1 cup basil leaves
- 1 cup spinach?(or use frozen or canned)
- ½ cup walnuts
- 2 cloves garlic
- ¼ cup water
- ¼ cup olive oil
- ¼ teaspoon salt
- ¼ teaspoon black pepper



Directions

1. For the pesto: add peas, Parmesan cheese, basil, spinach, walnuts, and garlic into a food processor or blender.
2. Add water, oil, salt, and pepper to the food processor. Blend until the ingredients are combined to form a thick sauce.
3. Place pesto in an airtight container.
4. Refrigerate until needed.

Notes

- If using canned peas or spinach, remember to rinse them to lower salt content.
- Pesto is great served over vegetables or pasta and can be served hot or cold.
- Use pesto on sandwiches or wraps.
- Try it as a dip with carrots and broccoli.

Recipe from: Cooking Matters Colorado, adapted by the USDA Food and Nutrition Administration.

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