



RECIPE OF THE Month

Spinach Pesto

Pesto is a special condiment that adds healthful monounsaturated fat to your diet. You can mix it with pasta, spoon over grilled chicken or fish or spread on sandwiches. Using spinach rather than basil creates a mild pesto, or try a mix of spinach and fresh basil, which adds a spicy aroma and flavor.

- | | |
|--|---------------------------|
| 4 cups baby spinach, washed (or 3 cups spinach and 1 cup fresh basil) | 1/8 tsp pepper |
| 1/4 cup walnuts | 1/3 cup olive oil |
| 2 cloves garlic | 1/4 tsp lemon rind (zest) |
| 1/4 cup Parmesan cheese | 1 tsp fresh lemon juice |
| 1/8 tsp salt | 1/3 cup water |

- 1 In a food processor combine spinach, walnuts, garlic, cheese, salt and pepper and process until roughly chopped.
- 2 Slowly pour olive oil combined with lemon rind and lemon juice into processor while blending.
- 3 Add water the same way until the paste is smooth and thick.
- 4 Remove from processor and store in fridge or freezer.

MAKES 6 SERVINGS (1/4 cup each):

PER 1/4 CUP: 163 calories | 3.5g protein | 16.3g fat | 2.6g saturated fat | 4mg cholesterol
1.8g carbs | 0.8g fiber | 129mg sodium

