

Pea Pesto

Prep time: 5 minutes

Makes: 8 Servings

Ingredients

1 cup frozen peas (can also use fresh or canned)

1/2 cup grated Parmesan cheese

1 cup basil leaves

1 cup spinach (fresh, frozen, or canned)

1 cup spinach (fresh, frozen, or canned)

1/2 cup walnuts

2 cloves garlic

1/4 cup extra virgin olive oil

1/4 cup water

1/4 teaspoon salt

1/4 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 in water, oil, salt and pepper. Blend until the ingredients are combined to form a thick sauce.

3. Place pesto in an airtight container. Refrigerate until needed.

Notes

- If using canned peas and spinach, remember to rinse them to lower salt content.
- Great served over vegetables or pasta - serve hot or cold.
- Switch out mayonnaise for pesto on sandwiches.
- Try as a dip with carrots and broccoli.

Source: Cooking Matters Colorado.