



Spinach & Pea Pesto Recipe



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Servings: 6 servings

Contains: Nuts

Nutrition Facts

Serving size: 1 tablespoon
Servings: 6

| Amount per serving | |
|--------------------------------|----------------|
| Calories | 186 |
| | % Daily Value* |
| Total Fat 14.6g | 19% |
| Saturated Fat 4.7g | 24% |
| Cholesterol 12mg | 4% |
| Sodium 353mg | 15% |
| Total Carbohydrate 4.8g | 2% |
| Dietary Fiber 2.1g | 8% |
| Total Sugars 1.4g | |
| Protein 12.1g | |
| Vitamin D 0mcg | 0% |
| Calcium 267mg | 21% |
| Iron 1mg | 6% |
| Potassium 192mg | 4% |

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.

Ingredients

- 3 cups of chopped baby spinach
- 1/2 cup of chopped raw walnuts
- 1 tablespoon of olive oil
- pinch of salt & pepper (to taste)
- 1 cup of cooked & cooled peas
- 1 clove of garlic
- 1/2 cup of grated parmesan cheese (optional if vegan)

Instructions

- 1.) Wash and drain spinach. Then, rough chop to help breakdown.
- 2.) Put all ingredients into a blender. Pulverize to a smooth creamy consistency.
- 3.) Place into a glass container, should hold up well 2-3 weeks in the fridge.

Enjoy in pasta dishes, in salads, or/as a snack on wheat or oat bread, top with a roasted tomato and a slice of turkey or ham!

