

Spinach-Sunflower Pesto

Yield: about 1 cup

Ingredients:

4 cups (packed) fresh spinach leaves, washed and dried
¼ cup roasted sunflower seeds
¼ cup (packed) freshly grated Parmesan cheese
¼ cup olive oil, preferably extra virgin
salt and freshly ground black pepper to taste

Procedure:

Blend spinach, sunflower seeds and cheese in food processor until almost smooth. With machine running, slowly add oil and continue processing until mixture is well blended. Season with salt and pepper. Use immediately or refrigerate up to one day. After refrigerating, let warm at room temperature for one hour before using.

about 60 calories and 5.5 grams of fat per tablespoon.

Most of the fat in Spinach-Sunflower Pesto is the heart-healthy monounsaturated form, from the olive oil.



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