



Picture by Two Peas and Their Pod

Speedy Spinach Pesto

By Mama's Kitchen

Ingredients:

- 2 cups fresh spinach leaves, well-washed and stemmed
- 1/2 cup fresh parsley, preferably Italian flat leaf
- 1/2 cup walnuts or 1/2 cup pine nuts, (toasting optional)
- 1/4 cup parmesan cheese, freshly grated, not canned
- 3 garlic cloves
- 2 tablespoons extra virgin olive oil
- 1/4 teaspoon sea salt
- 1/8 teaspoon fresh ground black pepper

Directions:

1. Place all ingredients into food processor and process to a fine paste.
2. Taste and adjust seasonings and transfer to a glass container and top with a thin coat of olive oil to prevent the top of the pesto from discoloring.
3. Keeps for weeks in the refrigerator.

The Balanced Body Center

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