Pea pesto



Recipe credit

Cooking Matters Colorado

About this recipe

Serves
8
Serving size
1/8 of the recipe

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)
- 1/2 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.

Tips and variations

- 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.

Nutritional info

Calories
147
Total fat
13 g
Saturated fat
2 g

Cholesterol
3 mg
Sodium
160 mg
Total carbohydrates
5 g
Dietary fiber
2 g
Protein
4 g
Total sugar
1 g
Allergens
Dairy
Tree nuts

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