



JERSEY TASTES! RECIPES

Spinach-Basil Pesto

INGREDIENTS

Servings: 24

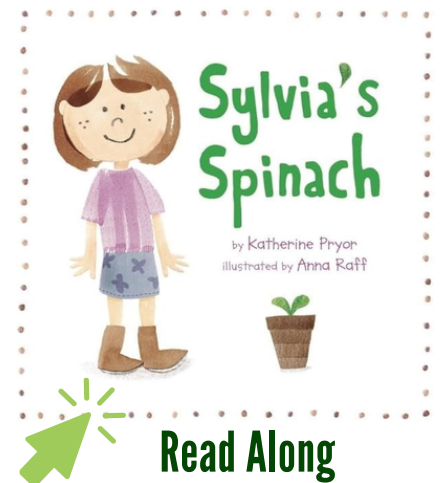
- 1 and 1/2 cups spinach leaves
- 3/4 cup basil leaves
- 1/2 cup pumpkin seeds
- 1/2 cup grated Parmesan cheese
- 1/3 cup olive oil
- 2-4 cloves of garlic, to taste
- 1 Tbsp fresh lemon juice
- 1/2 tsp salt
- 1/2 tsp black pepper

DIRECTIONS

- 1** Combine pesto ingredients in a food processor or blender and blend until smooth. Scrape sides with spatula as needed
- 2** Mix into pasta, use to marinate meats, spread on a sandwich, or freeze to use at a later date!

Teacher Resources

Lesson Ideas



Read Along

This pesto is a great way to sneak some leafy greens into your diet! A pasta salad is great way to use this pesto as part of a nutrient-dense and colorful meal. Combine this pesto with pasta, cherry tomatoes, garbanzo beans, diced cucumbers, bell peppers, lemon zest, olives, or mozzarella -- the possibilities are endless!

RECIPES MADE IN COLLABORATION WITH:

