



2 CUPS



10 MIN

## SPINACH PESTO

### INGREDIENTS

- 2 cups fresh spinach leaves, well-washed and stemmed
- ½ cup fresh parsley, preferably Italian flat leaf
- ½ cup walnuts or 1/2 cup pine nuts, toasted
- ¼ cup parmesan cheese, freshly grated, not canned
- 3 garlic cloves
- 2 tablespoons extra virgin olive oil
- ¼ teaspoon sea salt
- ⅛ 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.