



A Nutrition Resource

SPINACH BASIL PESTO

Yield: 6 Servings | Serving Size: 1/4 cup

Cost/Serving: \$0.54

Ingredients:

- 1 1/2 cups fresh spinach, packed
- 3/4 cup fresh basil leaves, packed
- 1 garlic clove, peeled
- 1 tbsp lemon juice
- 2 tbsp parmesan cheese, grated
- 1/4 tsp salt
- 1/4 tsp ground black pepper
- 3 tbsp olive oil

Directions:

1. Place spinach, basil, garlic, lemon juice, parmesan, salt, and pepper in a blender or food processor.
2. Slowly pulse the blender or food processor while pouring in the olive oil.
3. Blend for 30 seconds or until smooth. Scrape sides of blender or food processor as needed.
4. Serve immediately with pasta, sandwiches, meats, pizza, etc.
5. Pesto can be stored in an airtight container or in the refrigerator for up to 5 days or frozen.

Recipe adapted from Anna Holloway and MT Harvest of the Month

Nutrition Facts

6 servings per container

Serving size 1/4 cup (0.0g)

Amount Per Serving

Calories 80

% Daily Value*

Total Fat 8g 10%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 135mg 6%

Total Carbohydrate 3g 1%

Dietary Fiber 0g 0%

Total Sugars <1g

Includes 0g Added Sugars 0%

Protein 2g

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 4.6mg 25%

Potassium 80mg 2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Buy Eat Live Better Nutrition Education Program | www.montana.edu/extension/buyeatlivebetter

This Institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This work is supported by the Expanded Food and Nutrition Education Program (EFNEP) from the USDA National Institute of Food and Agriculture. USDA is an equal opportunity provider, employer, and lender. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.

 **Find us on Pinterest**
pinterest.com/buyeatlive

 **Find us on Facebook**
facebook.com/buyeatlivebetter



MONTANA
STATE UNIVERSITY

EXTENSION