

## **Spinach Pesto**

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*The pesto can be frozen in ice cube trays to provide year-round herb flavor.*

**1 cup fresh basil leaves**

**2 cups fresh spinach leaves**

**2/3 cup walnuts**

**2/3 cup Parmesan cheese or Romano cheese, grated**

**1/2 cup olive oil**

**4 cloves garlic, peeled and quartered**

**1/2 teaspoon salt**

**1/4 teaspoon ground black pepper**

In a food processor or blender, combine the basil, spinach, walnuts, cheese, olive oil, garlic, salt and pepper.

Cover and process or blend until nearly smooth.

Yield: 1 1/2 cups

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Per Serving (excluding unknown items): 1479 Calories; 155g Fat (90.6% calories from fat); 21g Protein; 15g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 1070mg Sodium. Exchanges: 1/2 Grain(Starch); 2 1/2 Lean Meat; 1 Vegetable; 29 1/2 Fat.