



Super Beet Pesto

Makes about 1 cup

1 cup cooked beets, peeled and cut into chunks
½ of a small clove garlic, peeled
¾–1 cup walnuts
½–¾ cup grated fresh Parmesan or Romano cheese
Lemon juice
Olive oil
Salt

Directions

Blend the walnuts and garlic in a food processor. Add the beets and cheese and blend. While processor is running, add the olive oil until you get the consistency you want. Add a tablespoon of lemon juice, a pinch of salt, and taste. Add more lemon, salt, cheese or garlic according to your taste.



NUTRITION INFORMATION PER ¼ CUP PESTO

Calories	319
Protein	7 g
Carbohydrate	8 g
Fiber	3 g
Fat	30 g
Potassium	225 mg
Sodium	200 mg

Also a good source of magnesium, calcium, folate and phytochemicals

Cost per batch: \$3.25

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please visit Your Healthy Kitchen
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