



Cilantro Pesto

Adapted from *Fields of Greens*, by Annie Sommerville

Makes about ½ cup (6 tablespoons)

- ¼ cup olive oil
- 1 green onion, chopped
- 1 clove garlic, chopped
- 1 tablespoon walnuts, chopped
- 1-1 ½ teaspoons fresh lime juice
- 1 lightly packed cup cilantro
(about ½ bunch) large stems removed
- 1 lightly packed cup parsley
(about ½ bunch) large stems removed
- Pinch of salt



Directions

Combine all ingredients except salt and olive oil in a food processor. Pulse to chop herbs finely. With food processor running, slowly add olive oil to desired consistency. Taste and add salt per your taste.

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please visit *Your Healthy Kitchen*
via www.yrmchealthconnect.org**

NUTRITION INFORMATION PER 1 TABLESPOON SERVING:

Calories	90
Total Fat	10 g
Saturated Fat	1 g
Sodium	150 mg
Carbohydrates	1 g
Fiber	1 g
Protein	1 g
Potassium	70 mg

Also a good source of Vitamin A, Vitamin C, and beneficial phytochemicals

Cost per Serving: \$.50