

Sunflower Beet Green Pesto

SERVINGS: 12 total

SERVING SIZE: 2 tablespoons



Ingredients

fresh beet greens	5 cups
unsalted roasted sunflower seeds	½ cup
fresh chopped garlic cloves	3 each
grated Parmesan cheese	¼ cup
Kosher salt	¼ tsp
ground black pepper	¼ tsp
extra virgin olive oil	¼ cup
fresh basil	½ cup
fresh parsley	½ cup
fresh cilantro	½ cup

Directions

- In a food processor, combine beet greens, sunflower seeds, garlic and Parmesan cheese, basil, parsley and cilantro – including stems.
- Process on low speed, slowly adding the olive oil until the consistency is smooth and well blended.
- Add salt and pepper to taste.

Nutritional per serving:

Calories 85 kcal, **fat** 8 gm, **protein** 2 gm, **carbs** 3 g, **fiber** 1 g, **sodium** 105 mg