

Broccoli Pesto

Source: https://www.loveandlemons.com/wprm_print/broccoli-pesto

List of Ingredients:

- 1 cup small broccoli floret pieces
- ½ cup fresh basil or parsley
- ⅓ cup extra-virgin olive oil
- ¼ cup grated Parmesan cheese or 1 tablespoon nutritional yeast
- 2 tablespoons fresh lemon juice
- 1 teaspoon lemon zest
- 2 garlic cloves
- ½ teaspoon sea salt
- Freshly ground black pepper

Serving suggestions:
8 ounces pasta, cooked al dente
½ cup cooked vegetables
2 tablespoons toasted pine nuts
Red pepper flakes, to taste
Additional Parmesan or Vegan Parmesan

Directions:

1. Bring a medium pot of water to boil and place a bowl of ice water nearby. Blanch the broccoli in the boiling water for 30 seconds and then use a slotted spoon to scoop it into the ice water to stop the cooking process. Drain and pat dry.
2. Place the broccoli into a food processor with basil, olive oil, cheese, lemon juice and zest, garlic, salt, and several grinds of fresh pepper. Pulse until combined.
3. If desired, toss the pesto with the cooked pasta. Serve with pine nuts, red pepper flakes, and additional cheese. Season to taste and serve.

Nutrition Facts:

Serving Size: 1/3 cup
Servings per Recipe :3
Calories: 260
Total Carbohydrates: 3g
Total Fat: 27g

Dietary Fiber: 1g
Saturated Fat: 5g
Sugar: 1g
Cholesterol: 5mg
Protein: 3g
Sodium: 380mg

For more information, please contact:

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