



Beet Greens Pesto

Prep Time: 15 minutes

Cook Time: 10 minutes

Yield: 1 cup pesto

Ingredients

4 cups beet greens, stems removed and roughly chopped

5 tablespoons olive oil

2 garlic cloves

2 tablespoons lemon juice

1/3 cup freshly grated Parmesan cheese

1/4 cup toasted pine nuts

1/4 teaspoon kosher salt

1/8 teaspoon black pepper

Preparation

1. Bring a pot of salted water to a boil. Place chopped beet greens in boiling water for 2 minutes. Remove from water and place directly into a bowl of ice water. Let greens stand in ice water for 2 minutes. Drain water and squeeze greens to remove excess water.
2. Place beet greens and remaining ingredients in a food processor and process for about 1 minute until mixture is completely combined and smooth.

Nutrition Facts for one serving (1 tablespoon): 60 calories; 6g total fat (1g saturated fat); 2g protein; 1g carbohydrates (0g fiber); 0mg cholesterol; 95mg sodium