



EASY **SUMMER PESTO**

Ingredients

- 3-4 cups of summer greens such as basil, baby kale, chard, spinach, arugula, watercress or combination
- ½ cup nuts or seeds of choice (pine nuts, almonds, pumpkin seeds)
- ⅓ cup olive oil, plus more as needed
- Juice from ½ of a lemon
- Generous pinch of sea salt

Instructions

1. Place all ingredients in a food processor and process until smooth.
2. Store covered in the fridge and use as a sauce or dressing on grilled vegetables, chicken or fish or as a salad dressing.

Health Fact

Green vegetables are a rich source of minerals, especially magnesium, and vitamins such as folate. This is an easy, make-ahead, way to increase the green vegetables in your diet! This recipe also includes healthy fats from olive oil and nuts or seeds. Enjoy!

For more information about eating healthy, you may contact your health coach at support@carehere.com or call 877.423.1330.

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