

# All the Greens Pesto

THE JAMES  
Mobile  
Education  
Kitchen

## Heart Health

**Items Needed:** food processor or blender

### Ingredients:

- 3-4 cups of greens: basil, arugula, spinach, swiss chard, kale, collard greens, turnip greens.
- ½ cup olive oil
- ¼ cup of nuts or seeds, your choice
  - Could also sub 2 tbsp tahini (sesame seed paste.)
- ½ cup parmesan cheese (optional)
- 2-3 cloves of garlic
- Juice of a lemon (approximately 2 tbsp)
- Salt and pepper to taste

### Directions:

1. Gather your ingredients and gather around your food processor or blender.
2. Add all ingredients and process until smooth and creamy.
3. Taste and adjust seasoning as needed. Add more lemon juice to your taste if needed etc.

**Nutrition Information:** Nutritionals will largely depend on what greens you choose, whether you add cheese or not and what seeds/nuts you use.

<https://wexnermedical.osu.edu/nutrition-services>

<https://wexnermedical.osu.edu/rossgarde>

