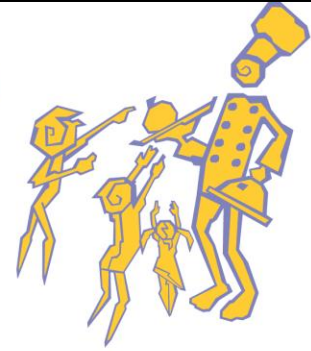




HOSPITALITY INDUSTRY PROFESSIONALS FOR KIDS



## 4 Step Parsley Spinach Pesto

- 1 C Italian or Curly Parsley  
(Stems removed)
- 3 C Fresh Spinach
- $\frac{3}{4}$  C Walnuts (pieces)
- 1 ea. Garlic Clove
- $\frac{3}{4}$  C Parmesan Cheese
- $\frac{1}{2}$  C Olive Oil or Canola
- TT Black Pepper  
(Fresh Ground)
- TT Sea Salt

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TT = To Taste  
C = cup

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## **DIRECTIONS:**

1. Rinse the Parsley and Spinach in cold water; drain
2. Place walnuts in food processor or blender add oil and blend to loosen
3. Add spinach, parsley, garlic & parmesan blend all smooth; season with salt & pepper; reserve for use
4. Use as a cold sauce on all of your favorite Whole Wheat pastas & Noodles!