



Arugula Pesto

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Clever! This pesto is a real “meal-maker” Mix it with some whole wheat pasta for dinner, create an easy salad by tossing it with grape tomatoes and a little mozzarella, or spread it on a sandwich instead of mayo to make a scrumptious lunch.

Ingredients

1 Garlic Clove	¼ Cup Chopped Parsley
2 TB Tahini*	½ Cup Chopped Toasted Walnuts
1 TB Lemon Juice	1 Cup Extra Virgin Olive Oil
2 – 3 Cups Arugula, packed	
Sea Salt and Freshly Cracked Black Pepper	

Instructions

Place the garlic, tahini and lemon juice in the food processor bowl and whiz until pureed. Add the walnuts and arugula and pulse to blend. With the machine running, pour the olive oil in a steady stream into the bowl, process until smooth. Season to taste with salt and pepper. Serve with crudité like carrots, grape tomatoes, radishes and broccoli florets.

***Scoop!** This pesto uses tahini, an easy to find condiment makes the sauce delicious and vegan. Tahini is ground sesame seed paste. It’s easy to find in the grocery store, check the international section. In a pinch, almond butter is a great substitute, adding just a little more nutty sweetness to the pesto.

Courtesy of Healthy Chef Partyologist Nancy Waldeck