



Pea Pesto

FLYNTKIDSCOOK

Ingredients

1 cup	Basil leaves
1 cup	Spinach (fresh, frozen, or canned)
1 cup	Frozen peas (fresh or canned work too)
1/2 cup	Parmesan cheese
1/2 cup	Walnuts
2 cloves	Garlic
1/4 tsp	Salt
1/4 tsp	Pepper
1/4 cup	Olive oil
1/4 cup	Water

Directions

1. Add all ingredients to a food processor, starting with the basil leaves and ending with the water.
2. Blend ingredients until a smooth sauce forms.
3. Enjoy pesto with pasta, chicken, or as a spread on sandwiches!

Supplies & Equipment

- Measuring cups and spoons
- Food processor ~or~ blender

*Recipe from www.myplate.gov/recipes

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