

## Spinach-Sunflower Pesto

### Ingredients:

- 4 cups (packed) fresh spinach leaves, washed and dried
- ¼ cup roasted sunflower seeds
- ¼ cup (packed) freshly grated Parmesan cheese
- ¼ cup olive oil, preferably extra virgin
- salt and freshly ground black pepper to taste

[www.ext.nodak.edu/extnews/newsrelease/1999/012899/11prairi.htm](http://www.ext.nodak.edu/extnews/newsrelease/1999/012899/11prairi.htm)

### Directions:

- Blend spinach, sunflower seeds and cheese in food processor until almost smooth. With machine running, slowly add oil and continue processing until mixture is well blended. Season with salt and pepper. Use immediately or refrigerate up to one day. After refrigerating, let warm at room temperature for one hour before using.

*Makes 1 cup. Per tablespoon: 60 calories, 5.5 grams (g) of fat*