

# Spinach, Feta and Cashew Pesto

**Pairing:** vegetables, chicken, seafood or beef

10  
min.

Preparation  
Time

## Nutritional Information

(per serving)	large	small
Calories (k/cal)	52.6	26.3
Fat (g)	4.2	2.1
Saturated (g)	1.1	0.6
Monounsaturated (g)	2.2	1.1
Polyunsaturated (g)	0.5	0.3
omega-3 (g)	0.0	0.0
omega-6 (g)	0.5	0.2
Carbohydrates (g)	2.1	1.1
fiber (g)	0.4	0.2
sugars (g)	0.5	0.3
Protein (g)	1.7	0.8

*Across the world, there are many forms of pesto, although the typical Italian pesto is made from a base of basil leaves, garlic and pine nuts. We decided to add our own unique flavor palate to this classic dish by choosing spinach, cashews and feta cheese as our base. Wait until you try it.*

## Instructions

Defrost the spinach and squeeze out all the water from it before measuring volume. Combine all the ingredients in a blender or mini food processor and purée until a grainy paste is formed. If more liquid is required, add another tablespoon of olive oil and lemon juice. **Serves 9 large or 18 small.**

<b>Cooked spinach (frozen)</b>	<b>½ cup</b>
<b>Low-fat feta cheese</b>	<b>¼ cup</b>
<b>Cashews</b>	<b>¼ cup</b>
<b>Lemon juice</b>	<b>1 tbsp</b>
<b>Olive oil</b>	<b>1 tbsp</b>
<b>Cumin</b>	<b>1 pinch</b>
<b>Pepper (fresh ground)</b>	<b>1 pinch</b>

## Variations and Options

To use as a salad dressing, combine 1 part pesto with 1 part milk and 1 part olive oil. **To use as a sauce, add 1 cup veggie broth and heat gently in a pot. Serve with chicken, seafood or beef.** To use as a spread, simply spread on sandwiches and wraps. **You can also mix this pesto into a pan of sautéed veggies or on top of a cooked chicken breast.** If you'd like to use fresh spinach instead of frozen, simply sauté the spinach first. Three cups of fresh spinach will make about ½ cup cooked.