

# Cilantro Pesto

Adapted from EatFresh.org



- 2 bunch Cilantro (small bunches) washed, very bottom of stems trimmed
- 2 cloves Garlic
- 1 pinch Salt
- 1/4 cup Water
- 1 pinch Black Pepper
- 2 tablespoons Lime Juice <sup>1</sup>/<sub>2</sub> cup Pumpkin Seeds
- <sup>1</sup>/<sub>4</sub> cup Olive Oil



#### **Directions**



Yield: 8 servings Serving size: 2 tbsp

- 1. Combine all ingredients in a food processor or strong blender.
- Process until smooth.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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## **Fast Facts**





#### Featured Food Groups



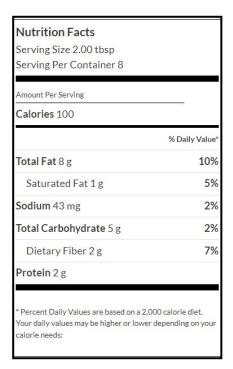


### Cooking Tips



- Use as a spread for a sandwich or wrap or enjoy as a dip with tortilla chips
- Substitute your favorite nut or seed for the pumpkin seeds, if desired.
- Any nut-based oil can be used in placed of the olive oil

Second Harvest is an equal opportunity provider.





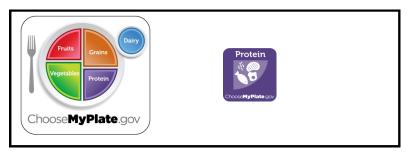
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# Nutrition Facts Serving Size 2.00 tbsp Serving Per Container 8

Amount Per Serving	
Calories 100	35
	% Daily Value*
Total Fat 8 g	10%
Saturated Fat 1 g	5%
Sodium 43 mg	2%
Total Carbohydrate 5 g	2%
Dietary Fiber 2 g	7%
Protein 2 g	

Your daily values may be higher or lower depending on your