



Cilantro Pesto

Adapted from *EatFresh.org*



Ingredients

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



Directions



Yield: 8 servings **Serving size:** 2 tbsp

1. Combine all ingredients in a food processor or strong blender.
2. 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.

Nutrition Facts	
Serving Size 2.00 tbsp	
Serving Per Container 8	
Amount Per Serving	
Calories 100	
	% 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	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	



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