



# Recipes

## Sauces and Dressings

### **Spinach Pesto**

*Prep Time: 5 minutes*

*Cooking Time: 3 minutes*

*Yield: 4 servings*

#### **Ingredients:**

½ cup walnuts

2 cups spinach leaves, chopped

8 basil leaves, chopped

1 clove garlic, chopped

1 tablespoon silken tofu

½ cup Parmigiano Reggiano cheese, grated

2 tablespoons olive oil

Salt and pepper to taste

#### **Directions:**

1. Place nuts in a food processor and chop for 30 seconds.
2. Add spinach, basil and garlic and pulse until all ingredients are finely chopped.
3. Add tofu and cheese and pulse 3-4 times to blend.
4. With the food processor running, drizzle in the oil.
5. Season with salt and pepper to taste.