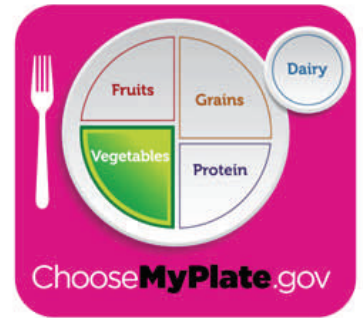


Blender Basics Spinach Parmesan Pesto

By Cheralyn Schmidt



Ingredients

1 cup fresh spinach leaves
1 cup fresh basil leaves
¼ cup grated parmesan or romano cheese
3 Tbsp toasted sunflower seeds (no shells)
2 Tbsp olive oil
2 Tbsp water
Juice of half a lemon (about 2 Tbsp) or 2 Tbsp balsamic vinegar
1 clove fresh garlic or ½ tsp garlic powder
Pinch salt

Instructions

Combine all ingredients in blender except for greens. Process until well mixed. Stop blender and remove lid. Using a spatula, push half of the greens into the mixture. Pulse until chunky then push remainder of greens into mixture and process until smooth. Spread on whole grain crackers, bread or pasta. Spread onto slices of fresh tomato and cucumbers. Makes 10oz (20 samples)
Makes 20oz (20 samples)

Talking Points

HINT: Use these talking points while you are blending your ingredients to keep your audience interested and involved in the demonstration.

- ◆ Pesto is a diverse sauce to be used on all types of vegetables and grains. Spread onto fresh slices of tomato and cucumber.
- ◆ Spinach and basil are dark leafy greens rich in vitamin C for overall body health and fiber for proper digestion.
- ◆ Basil is in season in summer and comes in many varieties- Mediterranean, Asian, sweet, lemon, lime, pineapple, purple and red.
- ◆ Parmesan is rich in calcium for building strong bones.
- ◆ Olive oil has monounsaturated fats for heart health and lemon juice contains vitamin C for all-over body health.
- ◆ Sunflower seeds are a great alternative to nuts because they are less expensive and are USUALLY safe for people with nut allergies.

Get the Kids

Have the kids: pluck leaves, rinse and spin greens, grate cheese, measure ingredients, squeeze lemons (while guarding eyes), push buttons and hold down lid on blender.

HINT: Try these ways to get your students involved. Be conscious of the kids' ages and

Nutrition facts: (served with one pound of whole wheat bread) Serves 20

Nutrition: Cal: 98, Protein: 5g, Total Carb: 11.5g, Total Fat: 3.75g, Sat Fat: .95g, Trans Fat: 0g, % Fat Cal: 33.6%, Cholesterol: 2mg, Fiber: 2.2g, Sodium: 170mg, Calcium: 65.5mg, Folate: 18.5mcg, Iron: .84mg



Pima County



THE UNIVERSITY OF ARIZONA • COLLEGE OF AGRICULTURE AND LIFE SCIENCES