

Beet Chunky Pesto



Ingredients:

4 beets, roasted
4 cloves garlic
Zest and juice of 1 orange
1/2 cup walnuts or cashews
1/3 cup cilantro
2/3 cup olive oil
Salt and pepper to taste

Directions:

Roast beets, cool, peel and chop.

Add garlic, orange zest, orange juice, nuts and cilantro to the food processor and pulse until chunky. Add the beets and pulse until the mixture is completely combined. It should look like very dry pesto at this point. Add in the olive oil and process the ingredients together quickly. Season to your taste.

Yield: 10 servings

185 g kcal | 19 g Tot Fat | 2 g Sat Fat | 0 mg Chol | 9 mg Sodium |
4 g Carb | 1 g Protein | 1 g Fiber