

RADISH GREENS PESTO

Ingredients:

- 1 large bunch radishes with greens
- 3 cloves garlic
- 1/4 cup olive oil
- 1/3 cup shredded Parmesan cheese
- 1/4 cup chopped fresh cilantro
- 1/4 cup almonds (*any nut works*)

Preparation:

1. Separate greens from radishes. Thoroughly wash & pat dry with a paper towel. Remove thick woody stems. Cut radishes into quarters. Place greens & radishes into a blender. Pulse until coarsely chopped.
2. Add all remaining ingredients. Blend until smooth.

Tip:

Try other fresh herbs & nuts to change the flavor of this zesty pesto.

15 Min | Serves 6

Nutrition Facts	
6 servings per recipe	
Serving size	(90g)
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 14g	18%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 125mg	1%
Total Carbohydrate 4g	5%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 94mg	8%
Iron 1mg	6%
Potassium 218mg	4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Are calories & sodium close to a match?

1 for 1 certified

This recipe is 1 for 1 certified & meets a lower sodium standard.



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RADISHES

In Season

February - June & October - November

How to Select

Choose radishes that are smooth, brightly colored & medium in size.

How to Store

Separate greens from radishes. Refrigerate unwashed radishes in a plastic bag up to 1 week. Refrigerate greens in a separate zip-close bag up to 5 days.

Helpful Tip

Radish greens are also delicious & nutritious. Use as you would any other green, raw or cooked.



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